RECOVERY KERNEL

PROTOKOLE YO KUGIRA IKIBAHO CYA GHB / GBL / 1,4-BD:

Ibihumbi byihutisha kandi bigoye cyane mu gutangwa – n'uko wigwamo neza.

Kuri buri igice cy'iyi gahunda, hari aho usanga ivuga iti "iki gishobora kuba kibihe, ariko si ibintu byaba bibangiza." Iki gice kitagira icyo gutanga kuri iyo mvugo. Kwitera GHB, ku bantu bakoresha iyi kimwe inshuro esheshatu cyangwa ine buri munsi, ni ikibazo gikomeye cy'ubuzima bw'umuntu, kandi hari igihe kigoye cyane, kikaba n'ikigeragezo, no kuba umuntu ashobora kwitera, kandi ukwizimana ntikongere. Ibi si ibintu byanditswe kugira ngo bigire impungenge, ahubwo ni uko bimeze mu buzima nyaburwayi. Kugirana n'iki kibazo uburyo butari bwuzuye, ni uko umuntu ashobora kwangirwa. Iki gice cyatangiye kugira ngo kumenyeshe ko iyi mvugo ituma umuntu afite gahunda, bidatanga impungenge gusa.

Icyiciro 0 — Umutekano Wihariye: Soma Ibi Bwa Mbere.

⚠ UBUMVUGIZO BWA MEDISINI

Niba uri gukoresha GHB, GBL, cyangwa 1,4-BD inshuro zirengeye itatu cyangwa ine buri munsi, ntukwirundire kureka ukoreshe uko ugiye utwibagirana. Ibihumbi byawe bishobora gutangira mu isaha 2-6 nyuma y'umunota wa nyuma ushoboye, kandi amasaha ya mbere 12-72 afite ingorane zikomeye, ntizigomba kutarondwa, zo guhungabanya umutwe n'ibindi bimenyetso bya "delirium/psychosis" byakwica ugereranije n'ubuvuzi. Ijya mu rwego rushinzwe ubwiherero bw'abaganga [emergency department] ugiye kureka, cyangwa iyo wari ushoboye kandi ugiye gutangira kwirundira.

Ibyimenyeso by'uko uri mu mwimerere mbi cyane, ujya kwa muganga w'ubuvuzi vuba:

- Ibyago by'umwijibwa, niba byari bicye hose.
- Kwihangayika, kwibazaho, cyangwa ibimenyetso - byo bishobora kugaruka vuba kandi bidatanga uko guhangayitse nk'uko bigenda.
- Agitation cyane yiyongera ku gutera umutima kugira neza, gukora ibintu bicye, cyangwa gusiba (ubwonkawu).
- Igitendero cy'umubiri gikomeza kuzamba aho kugira ngo gukomeze kuba uko.

⚠ IBINDIZI.

Ntabwo hari umuti ushobora guhindura ibintu mu gihe umuntu yariye cyane GHB, kandi nta muganga umwe ufashije ufatwa nk'uwemererwa na FDA (FDA-approved) ku kuyobohereza umuntu wariwe cyane GHB. Ibi bitandukanye n'ibindi binyabuzima nk'amafura (Naloxone) cyangwa itabi (benzodiazepines), bifite inzira zigaragazwa neza zo guhoza imirire yabyo. Aha, ubushake bw'ubuvuzi buhunguke bugomba kuba bufite isobanuro nyabona ku byerekeye GHB. Icyiciro cya 8 cy'iyi gahunda riri hano kugira ngo wigishe wowe cyangwa uwagufasha guhamagariza abaganga ubushake bw'ubuvuzi butunganye, kandi niba itsinda ry'abaganga ritabizi neza.

Icyiciro cya 1 — Kuki iyi gahunda yo guhuza ibintu itandukanye n'izindi zose mu byiciro bya vuba.

Iyi ntangiriro ifite ibintu bitandukanye.	Impamvu y'ibyo.
Ubusohozo bwo gutangira kugira ingaruka.	Ibirindi bya GHB bifata iminota 30-60 gusa mu maraso. Ibihinduka byera bitangira mu isaha 2-6 nyuma y'igerageza ya nyuma ku muntu ufite ikiraro – ni ibisigazwahemo cyane kuruta ibindi birimo itabi (amasaha 6-24) cyangwa benzodiazepines (amasaha 12-48). Hariho igihe gito cyane hagati y'igerageza ya nyuma n'igihe cyo guhura n'ibihombo.
Kwidakira.	Uburwere bw'ibyorezo ntibishobora kugaragaza neza uko umuntu yakoresheje ibiyobyobye - umuntu ushobora kwitiranya ko atayakoresha, cyangwa uwo itume ry’ibiyobyobye rye ritagize ubushobozi bumwe (iby'ingenzi by'ibiyobyobye nk'iyo GBL na 1,4-BD), ashobora kugira ibyorezo bidasanzwe kandi bikaba bibi cyane kuruta uko bitezerejwe.
Sindromi y'ubwihuzi na psychosis itandukanye.	Iyi ntangazana itatandukanye n'iyabyimbitse. Ibiranga by'ubujiji biterwa no kunyuzwa ku mutungande wa GHB birimo ubushyuhe, kwishashanyiriza, ibimenyetso biboneka mu maso, no kuba umwihano mwinshi w'umubiri—ibintu bigaragara nk'ikibazo gikomeye cyane kirebwa n'ubwonko, kandi bitandukanye n'ibiranga by'ubujiji biterwa no kunywa inzoga.
Nta porotokoliyo y'ubuvuzi ikoreshwa mu buryo buhamye.	Kwivura ubuzima bw'inyangamugayo ifite porotocole yuzuye kandi iremezwa cyane yo gukoresha imidogobyo (benzodiazepines). Kwivura ubuzima bwo mu maraso ifite ibimenyetso bwo gufasha, nk'ibindi bitondereze (buprenorphine) na methadone. Kwivura ubuzima bw'igitoke cy'ubutoyi (GHB) nta ngingo ziremezwa n'ishyirahamwe ry'ubuvuzi mu Busharugendo (FDA) zikoreshwa—baclofen (umuti ushobora gukorera ku bice by'ibindi bitondereze, kandi bifite ireme nk'aho GHB ikorera) ni umuti ufite ibimenyetso byinshi by'ubuvuzi, ariko abaganga benshi bo mu rwego rwa za "emergency" ntibafite ubumenyi buhagije ku mugabo.

Icyiciro cya 2 — Igihe cy'ivuka.

Igihe.	Ntacyo cyabaye.	Ntacyo.	Ntamenye.
Ibagihe bya 2-6 (Itangiriro - igihe cyo gukoresha ingero z'ubuvuzi).	GHB iruhuka vuba; receptorereri za GABA-B zitaronka ligand yazo; glutamate irenga; akisimu ya HPA igiye gutangira.	Ubwoba, ibyavunza, umwihore, igahinda gito, indwara y'umutwe - ibimenyetso biva vuba kandi byashobora kuvugwa nk'ubwoba busanzwe kugeza aho bigenda bigaragara.	Ibi ni igihe umuganga agomba gutangira gukoresha imiryo (baclofen cyangwa benzodiazepines, Icyiciro cya 8) ku muntu ufite ikibazo cy'inyangamuke, kandi ugiye guhagarika. Niba utararekuranye n'umuganga kandi aya mahame akurikizwa: ujyane mu bitaro vuba.
Ibagihe biva saa mbiri kugeza saa mirongo itanu na make (igihe cy'igihombo gikomeye).	Igihe cyo gukura ku mutungande wa GABA-B, ni igihe kigoye cyane, kandi kiri mu byiciro by'ibyifashwa bifite ibyago byinshi byo guterwa ururondo ndetse n'ibimenyetso by'ubwoba/ubukazungu byavuzwe mu Icyandiko cya 1.	Ishobora gushingamo ububabare bwinshi, kwihangayika, kutamenya uko byari, ibimenyetso bibi, n'ibindi bishobora gutuma umuntu agendere cyane, igahinda gipfuka, intoki yiyongera, no guhunga.	Iyi porogaramu igomba gukurikijwe n'abaganga – hagombwa kwajyanyurirwa mu kivuga cyangwa kugira umuganga ushyigikiye ubuhane, bidatanga amahirwe yo kubona ubuhandekereze mu rugo, ku bantu bafite ikibazo gikomeye cy'inyangamvugo.
Hari kuva ku munsi wa gatatu kugeza ku wa karindwi.	Ibihe by'amakuba bishobora guca bigakira niba hari guhabwa umugambi w'ubuvuzi; ubushobozi bw'ubwonotero GABA-B buracyari hasi cyane.	Kwihangayika gikomeza, guhagarara neza, no kuba ufite ibyore by'umubiri kugeza igihe ikibazo gikuru cyahindutse; kandi hakurikizwa umugambi wo gukurikiriza uko bimeze.	Ntibyongereyeho kugabanyiriza ibimenyeshamo by'umuti bisanzwe (baclofen cyangwa benzodiazepine) muri iyi ntambwe - igihe cyo kugabanyiriza umuti kiva aha ni icyo gihe gishoboka, nkuko

Igihe.	Ntacyo cyabaye.	Ntacyo.	Ntamenye.
			bigaragara mu Ibigize 8.
Icyumweru cya 1-4.	Gutanga imyirondoro y'amareba ya GABA-B, kandi kuguma ku mugongo (iyo koko hari icyo gikorwa), bigomba gukurikizwa n'umuganga.	Kwiyongera kwihangana buvugizi; ibimenyanyo by'ubwoba bigatangira kugabanuka; kurara kigiye gukora neza.	Igitabo cy'inyongera kinatangira (Ingingo ya 9). Iyi ni na we igihe ibizamini by'amateka, iyo ushaka kubikora, bigiye kuba zifashishijwe (Ingingo ya 5).
Kwinshi cya 1-3.	Ibyo bimenyerezwa ku birebura bya GABA-B bishobora kugira impinduka, ariko bikiri mu gihe cy'ibanze cyangwa hagati. Ubu buryo bugenda buhinduka butanga umusaruro vuba kurusha irebura rya GABA-A.	Ibyinshi by'ubwoba (ibyiciro by'ubwoba bijyanye n'inzara ya GHB, bigaragazwa mu bushakashatsi) bisaba gukurikizwa neza, bidatanga amahirwe yo kwirengera.	Ibyo bituma amateka ya "withdrawal" (PAWS) aba byiza cyangwa bibi ni: gukora imyitozo y'ubuzima kandi ukoresha neza, no gufata ibimenyetso bigomba gukurikirwa mu bisigazwe.
Kwinshi ya 3-12.	Igihe cyo gufasha umwanya wa GABA gukongera - ni igihe kirekire, hagati y'amezi atatu na itandatu, kirenga ibindi byinshi mu biribwa byo muri iyi lisitumu.	Iterambuye, no kuzamura by'umwihariko; ibimenyetso bya PAWS bigabanuka mu mvugura n'ubushoborero.	Ntabwo ari igihe cyo guhagarika gahoro ubu bufasha.
Kwinshi cy'amezi 12-18+	Ubuvuguzi bwa GABA-B bufite ubushoboro bwo gukomera, kandi ubu buvuguzi bugiye kugira ingaruka zikomeye.	Umwanzuro ukwiye, ntibyo gusa kuba umuntu atagira ibimenyetso, ahubwo ni uko ubwonko bw'umuntu bugenda neza kandi bufatanya.	Iyi ni impinduka nyakuri, itatuma gusa igihe cyagenda. Iterwa inkunga no kuba ushatse kuyitegura binyuze mu masoho zagaragazwe muri iyi gahanda, aho kugira ngo urangire ukwihanganira.

I CYENGERO.

Reba uko iyi gahunda iremye kurusha izindi zivuga ku ibiyobyobyo nk'ibinyanga (benzodiazepines) cyangwa methamphetamine muri iri serivisi. Ibyo ivuga mu gice cyayo gikubiyemo, bitangaza neza: "ndetse n'ibindi byiyobyobyo byinshi aho igihe kigomba kugira ngo umuntu abeho neza ni hagati y'amatora 4 na 8, ubushobozi bwa GHB ku receptor ya GABA-B bugenda buvuka buhoraho. Igihe cyo guhagarika ubu bushobozi bw'ubwonka bwa GABA kirafata igihe kirekire, hagati y'amezi 3 na 6." Gusaba ko ushobora kugira gahunda nk'iyivuga ku ibinyanga cyangwa methamphetamine bizakugirira akanguho maze ukabona ko ugiye neza kandi urushaho.

Icyiciro cya 3 — Ese Uko Kigenda, Ubwoze Umwanya Ugira Igihe Kugira Ukundi Umutwe Wagezweho?

Ibigisubizo byo mu mutwe ni ibirenze ibindi byose twavuga kugeza ubu. Ubuvuguzi bwa GABA-B bugera ku gihe cyo gukomera, bushobora kugera ku myinota 12-18, si ukwivanamo ibimenyetso gusa—ahubwo bisobanura ko umwijima w'umuntu urushaho kubaka uburemere bw'ibintu bya nyabwa nyuma yo kuba yari yarashyize ubu buremere bwo mu buryo bwinshi, kandi bukaba bugomba gufatirwa buri saa 2-3 aho ari n'ahandi, mu gihe cy'umwaka ushize. Ibyo ni byinshi: uwari muri iyo gahunda yo gukoresha ibintu byinshi, GHB ntirikire icyangombwa—ahubwo yari ifite inshynga zo kuba umwijima w'umuntu urimo kugira uburemere bwinshi. Kubaka ubu buremere bw'inyabwa nyabwa bugora.

KWAGIRA UMENYESHEJWE.

Niba uri ku kwezi 5 cyangwa 6 kandi ukihagazeho ibyorezo by'ubwoba biza atari uko wabiteganyije, bitarebwa ko gahunda y'iyongera mu buzima ntawo umusaruro. Ukurikije igihe gihise hejuru, uri aho ubuzimire buvuga ko ugomba kuba. Igisubizo cyo kugira ngo ushobore kumenya neza ni imyaka irenga ibiri, si amezi make. Iyo ntiyaba umubare utuma wumva ukoze akiza, ahubwo ni umubare ukuri, kandi bisobanura ko ibyorezo byoherereye ushobora kubona ari ngombwa, bidatanga icyifuzo cy'uko wagoye.

Icyiciro cya 4 — Ibyo Uzigira Igihe Gihagije Ko Uzabyumva

[Ushobora guhura n'ibintu bitandukanye. Aha ni ibintu bimwe mu byaherereye.]

* **Uruhumye**
* **Umwijibu**
* **Uburare**
* **Umasuka**
* **Kurwara**
* **Kwihagarika**
* **Guhangayitse**
* **Kwiyagira**
* **Kutabyaza amahoro**
* **Kubura ubushake**
* **Gutinya**
* **Kwivanga**
* **Kwibagirwa**
* **Kwihoyobya**
* **Kuruka**
* **Uburiri**
* **Guhungana**
* **Ibihumbi**
* **Kugira ibyore**
* **Kubura ingufu**
* **Gutinda**
* **Kwivanga**
* **Kwibagirwa**
* **Kwihoyobya**

* **Kuruka**
* **Uburiri**
* **Guhungana**
* **Ibihumbi**
* **Kugira ibyore**
* **Kubura ingufu**
* **Gutinda**

[Niba uri guhunga, usabwa gushaka inkunganzo. Ibi ntibishobora kuba icyifuzo.]

[Ushobora kandi kugira uburare, umwijibu, no kurwara. Ibi bintu byose ntibishobora kuba iby'umutekano.]

[Niba uri guhunga, usabwa gushaka inkunganzo. Iyi gahunda itanga inkunganzo. Usabwa kugira ubwenge kandi ukurikiza amategeko y’igihugu.]

[Ibi bintu byose ntibishobora kuba iby'umutekano. Niba uri guhunga, usabwa gushaka inkunganzo. Iyi gahunda itanga inkunganzo. Usabwa kugira ubwenge kandi ukurikiza amategeko y’igihugu.]

[Niba ufite ibibazo, usabwa kwihanagurirwa na muganga cyangwa umukozi w'ubuzima. Ubu buryo ntibishobora kuba icyifuzo.]

[Iyi gahunda

Inyuma y'igihe cyo gukemura ibibazo bya muganga bigaragara (ahagaragazwa mu Icyiciro cya 2), igihe cyo gufata amahirwe gifite ubuzima budasanzwe bugomba kuvugwa.

- Ubwoba buhagaragara mu buryo bwa "amajwi" aho kuba umwiharuro utuma umuntu yumva uko yihariye - ubu ni bumwe muburyo bwo gukomera (PAWS) by'umwiharuro, kandi bisanzwe biboneka ku bantu bari barakomeye mu kwirinda GHB, bidatanga ibimenyetso ko umuntu ashobora kugaruka mu cyaha.
- Ijoro ritagomba kuba iryo gihe cy'inzitwazo, cyane cyane kuri uwari wifashishije imiti yo mu rushaha (dosing) ahantu hose kugira ngo afashe kwiruka no gukomeza kwiruka. Umwijima w'umubiri (nervous system) agomba guhindura uburyo bwo kwiruka no gukomeza kwiruka, kandi bidafite imiti itanga umutekano (GABA-B agonist) ifatira inshyizeho.
- Ubwumvikane bushoborwa, budatanga gusa ku mibonerezo – kubagize abakoresha izo serivisi igihe kirekire kandi benshi, iyo mvandiro yari yarimije ubuzima bw'umunsi (igihe cyo gufata dose ya nyuma ntikigombaga kuba ukoza amasaha make). Kuguhagarika bishobora gutanga ubwumvikane bushoborwa ku gihe ndetse no ku byifatiranywe, inshyino y'ibindi – si ibyo gusa "ndumva iki", ahubwo ni "mbereye gute muri iyi minsi."
- Ubwumvugizi bwo mu mubiri bushobora kuguma kurenga igihe cy'imyakagari - umutima ushanduka cyangwa ukwegera biturutse ku myirondoro isanzwe, bigaragara nk'ubutumikanye bw'umubiri byajeho mu ntango z'iyandukira, ariko bigenda biherereye.

Icyiciro cya 5 — Ibisigazeti byo Kwerekana Imyirondoro.

Jeni.	**Iyo ivuguruza ibintu birimo:** *** Ibyiciro by'amashusho** *** Imyirondoro y'abantu** *** Uburyo bw'ubuzima** *** Ibikorwa by'umutungo** *** Igitabo cy'amategeko**	**Ubwifuzwa bwo guhagarika gukoresha GHB.**
GABRA2	GABA-A receptor α-2 subunit — umushingiro wo kwihanganisha usanzwe.	Igene cyingenzi gikomeye ku buntu umuntu ashobora guhungwa n'igitabi GHB. Abantu bafite iyi mpuzamigendano y'ibyorezo bahozeho bumva ko bifite imirimo itazwi neza, kandi GHB irenga iyo mirimo itazwi neza. Iyo mpuzamigendano ibigaragaza ko umuntu afata igihe kinini kugira ngo GABA abe mu mwanya warwo, guhagararwa n'igitabi

Jeni.	Iyo ivuguruza ibintu birimo: * Ibyiciro by'amashusho * Imyirondoro y'abantu * Uburyo bw'ubuzima * Ibikorwa by'umutungo * Igitabo cy'amategeko	Ubwifuzwa bwo guhagarika gukoresha GHB.
		biba byinshi cyane, kandi ukwishyikiriza (ntibishoboka) gukora imyitozo y'ubugenge yo kwiyongera ku GABA - ebikurikizwa muri Section 9.
GABBR1 / GABBR2	Genes z'amashushanyo ya GABA-B - mashushanyo asengerwa na GHB, ikimenyetso cyo ku buryo bwihariye.	Ibyiciro by'igene bifite ishusho ya burundu ku GHB, bitandukanye n'ibyo GABRA2 ifite ku mananiza/alkohol. Amabiko muri iyi gene barebana n'ubushoborero bw'umuntu ku GHB no kugabanuka kw'urebwamo bwa GABA-B hagati y'amara yo gufasha. Ubu, ubushoboro bwo gukora ibizamini bifite ibisobanuro byo kuri iyi gene ni bicye, ariko birimo kuzamura kandi bisaba kuzuza amakuru.
COMT (Val158Met)	Gukwirakwizwa kwa dopamine no gukurikirana ibimenyinya by'umutuzo.	Met/Met ('Sage,' igihe cyo gutwika kirihenda) ni uko iba irebwa cyane mu guhuza na GHB, kuko iyo ngingo ituma umuntu agira ubwoba. Iyo ngingo ya GABA-B yo mu rushanwa rya GHB ifasha gukemura ibibazo by'umuntu ufite imimerere y'ubwo bwoba. Val/Val ('Warrior') iba irebwa cyane mu guhuza na GHB, kandi iyo ngingo ituma umuntu agira ubwoba kuko afite izindi mimerere zishobora gutuma amara. Ibi bituma umuntu atanga inkundiro yo gukomera: uwifuje 'Sage' akenera ibintu byamuvura mu bwoba, naho ugifuje 'Warrior' akenera kugira ubwoba butazatuma amara.
MTHFR	Methylation - ubushobozi bwo gukora imyitamashini.	Ibyo byatumaga ibindi bintu mu mubiri bitagira ubushake. Gusubiza 5-MTHF ni ingenzi kandi ahanini bitanga umusaruro ushoborwa vuba. GHB kandi ituma amavitamini ya B agabanuka, kuko ifite inzira zayo z'ubuganda, bityo gukoresha ibintu bifasha ubushakashatsi bwo guhindura imiryango (methylation) ni ingenzi, bidatanga amahirwe.
DRD2 / ANKK1 (Taq1A)	Ubwinshi bwa resipitere za dopamine D2 — Sindrom ya	Iyi ntangiriro irebana cyane n'ibintu by'umuti bifatwa mu birori no mu

Jeni.	Iyo ivuguruza ibintu birimo: * Ibyiciro by'amashusho * Imyirondoro y'abantu * Uburyo bw'ubuzima * Ibikorwa by'umutungo * Igitabo cy'amategeko	Ubwifuzwa bwo guhagarika gukoresha GHB.
	Guhagarika.	masaha y'ijoro, aho umuti wa GHB uhindura ibimenyabururu bigera ku bwonka (dopaminergic reward) kugira ngo ubeho. Iyo umuntu avuka muri iyi ntangiriro, bisanzwe bisaba ko hagombwa gushyira imbere kuvuza neza ubwonka bw'umuti (dopamine reward architecture) kwinshi. Niba bitabaye biko, umuntu ashobora kuguma afite inyifato y'ubuzima yo gufata uwo muti wa GHB (cyangwa andi mazuya atanga ibimenyabururu by'umuti).
SLC6A4 (5-HTTLPR)	Ubwumvikanye bw'amashyirahamwe ya serotonin.	Abantu bafite ibimenyiste byinshi cyane (high anxiety sensitivity) bashobora guhungira mu ntangamwera zifite umwirondoro wa GABA kugira ngo babashe gukemura ubwiheba. Iyo umuntu agiye kwinogosha, bisabwa ko hakozwa ibikorwa byerekeye n'ubwonko bw'inyamaswa (serotonin system) ndetse no kuri GABA. 5-HTP na 5-MTHF bifasha mu ngendo zombi.
CYP2C19 / CYP3A4	Imyemerero ya baclofen n'ibindi bimenyeshamo bya benzodiazepine bifatwa mu nguvu muri gahunda yo guhoza imirire y'ubwonkolo wa GHB.	Igihe cyo gukurikiriza ubuzima bw'umuntu, bisanzwe abantu batagira uwo ushobora gutuma ibintu mu mubiri (ibimenyebwa) bagaragaza ko bakoresha baclofen n'igiciro kidasanzwe; abandi bantu batagira uwo ushobora gutuma ibintu mu mubiri bishobora kubona ko bakenera igiciro gikomeye cyane. Nubwire muganga ufite ubwiteguro ku byo umuntu yaba afite.
ADH1B / ALDH2	Ibirungo by'inyanga n'ubusobanuro bwa 1,4-BD.	Ibigomba gukurikiranwa cyane n'abantu bakoresha 1,4-BD: inzira ya ADH/ALDH ni yo ituma umwihano wa 1,4-BD uvamo GHB mu gitondo. Abantu bafite ALDH2*2 kandi bakoresha 1,4-BD hamwe n'inzoga bahura n'ibisubizo by'inyinshi ku buryo bw'ubwonka, kandi buri uko

Jeni.	Iyo ivuguruza ibintu birimo: * Ibyiciro by'amashusho * Imyirondoro y'abantu * Uburyo bw'ubuzima * Ibikorwa by'umutungo * Igitabo cy'amategeko	Ubwifuzwa bwo guhagarika gukoresha GHB.
		umwihano wa acetaldehyde uhinduka, bituma igitondo gishobora kugira ibyorezo. Ibyakorwa ni ugukora ipereereza ry’umushinga w’igitondo kugira ngo hamenye neza uko biteye.

Abantu bari mu kaga gikomeye - Gushyira hamwe ibimenyetso.

Abantu bombi bagomba kwitwa mu by'umubiri (genetics) bifatanya muri ibyo bibazo.

*   **Uwo waba afite isobanuro cyane yo kugira ikibazo cyo guhoza:** Ibyarimbo by'umuntu bigize umwihariko wa buri muntu bishobora gukurikirana uko umuntu yifuje, kandi birashoboka ko bifatanya mu gutuma umuntu agira isobanuro cyane yo kugira ikibazo cyo guhoza.
*   **Uwo waba afite isobanuro cyane yo kwirinda:** Ibyarimbi by'umuntu bigize umwihariko wa buri muntu bishobora gukurikirana uko umuntu yifuje, kandi birashoboka ko bifatanya mu gutuma umuntu agira isobanuro cyane yo kwirinda.

Niba usanzwe ufite ikibazo cyo guhoza, ni ngombwa guhamagaza muganga cyangwa umuganga kugira ngo wabone ubuvuzi.

Icyo ushaka?	Ibyitse byaba ari byo byatanga igisubizo.	Ntabwo ndumva.
Abantu bafite amakemero y’ubuzima, abantu bifuza kugira ubuzima bwiza cyane, abantu bagaragaza ibimenyetso byo guhangana n'ibindi bitandukanye.	GABRA2 yo mu cyiciro cya nyuma, kandi ufite genotype ya COMT iheruka kuba 'Met/Met' ('Sage').	Iyi ni imyirondoro "ya guhagarara bigoye" umuhembizo usobanura ko ifite ibintu byinshi bifatanyije: inzira y'ubwonotewe itagera ku rwego rukwiriye (GABRA2) hamwe n'umwijima w'ubwonotewe utuma umuntu yumva ubwiheba cyane kandi wigenderegeka (Met/Met). Uburyo GHB butuma umuntu atangira kumeneka no gukomera vuba ni ibintu byihariye bifite ishusho y'uyu muntu. Ntabwo ari uko uyu muntu afite ubushake buke, ahubwo ni

Icyo ushaka?	Ibyitse byaba ari byo byatanga igisubizo.	Ntabwo ndumva.
		uko GHB iratanga igisubizo ku bintu bimwe bitunganye mu mubiri wa we cyane kuruta uko itanga igisubizo kuri uwundi muntu utagira iyi myirondoro.
Uwo ushobora guhagarara no kugabanyumira ibintu ari byinshi, ntawizwi neza.	GABRA2 ifite ibimenyetso by'ibyorezo bifatwa nk'ibipimo bicye, ndetse na GABBR1/GABBR2.	Izi ni gene zirebana n'ibindi bisigazwa mu mubiri, ntizerebana n'ubushake. GABRA2 irebana n'uburyo umubiri ushobora kwihanganira; GABBR1/GABBR2 zirebana n'ubusobanuro bw'ibyifashishwa no kubura ubushobozi by’umushinga wa GHB ku ndege y'ibindi bisigazwa mu mubiri. Ubu buryo bushobora gutangaza ko umuntu azatanga ibiyifashishwa buvuye buvuye kandi akagira ibimenyetso bidasanzwe byo guhagarara, bikaba bitandukanye n'uburyo umuntu yumva cyangwa yishimira iyo mvanga.

⚠ IBINDIZI.

COMT genotype ntibigaragaza ko ituma umuntu atazongera gukoresha cyangwa ngo agire ibyago byo kuzongera gukoresha. Ibyo birashimuliwe n'igene za GABA zikozwe hasi, bidatanga ubushake bwo gukoresha cyangwa uko umuntu azongera gukoresha nyuma yo guhagarika. COMT igaragaza ibintu bimwe na bimwe, nk'impamvu umuntu yari yakoresheye kandi icyerekezo cyo kwiyubaka kwe nyuma yo guhagarika. Umuntu ufite 'Sage' profile (Met/Met) utangira guhagarika GHB, afite uburyo bwo gukora gutanga igiciro nk'umuntu wundi ufite GABRA2/GABBR status ye. Ariko, mu gihe cy'inyuma, akwiye kugirana n'ibintu bituma agira amahoro (kuko inyifato yari imazeho umwaka kandi ikeneye igisubizo nyayo). Umuntu ufite 'Warrior' profile (Val/Val), usanzwe abonekwa... Gukoresha imiti yo gushyushya (chemsex) cyangwa izindi zituma umuntu agira ubwoba, bisanzwe bishobora gutuma umuntu akenera uko ayirangiza neza. Iki gihembero gisaba ko hagombwa kugabanyirizwa mu buryo bugezweho, kandi hakwiye gushyirwaho gahunda itanga imikundiro nyayo, bidatanga ibisubizo bingana n'ibindi. Uburyo bwo kugabanyiriza bitandukanye, ariko umugongo w'igihembero ni wo uhamagarwa kugira ngo umuntu abeho neza nyuma yo gukurikirana iyi gahunda.

Icyiciro cya 6 — Abagize Ibikompi by'Abantu Banyuranye.

Ibihe.	Ibyo bitandukanya.
Sodium oxybate yifashishwa mu kuvura indwara ya narcolepsy, iyaba ifite no ibimenyetso by'icataplexy.	Sodium oxybate (umuti wa GHB) ni umuti usanzwe ukoreshwagakiza muri iki cyiciro, kandi ubuzima bushobora guterwa nawo ni ibintu bisanzwe by'ubuganga, bidatanga icyifuzo cy'imibonero cyangwa ibisobanuro byo gukoresha neza. Kuguhagarika bisaba umuganga ushinzwe ingingo z'ubwonko, kuko ibimenyetso by'umutwaro (narcolepsy) byari guhita bugaruka igihe utayikoresheje. Ibihuriye n'ibindi bintu byakoreshwa mu kuvura umutwaro (modafinil, armodafinil, solriamfetol, pitolisant) bigomba gushyirwaho neza mbere y'uko hatangira kuguhagarika. Ibi ni icyemezo cy’ubuganga gisaba umuganga ushinzwe, kandi ntikigombwa ko umuntu abinyuzamo ategura uko azakora.
GHB yifashishijwe nk'icyitonderwa cy'inyanga.	Bamwe bakoresha GHB bigikurikirwa kugira ngo bwigaruremo kunywa inzoga – bashimangira kimwe (GABAergic) hanyuma bagendere ku kindi kintu cy’ibyifashishwa, ariko bifite ibihebe bitandukanye. GHB ishobora kuba ifite ububi buke bw'ibindi bice bya nyama kurusha kunywa inzoga nyinshi, kandi mu gihe ushoboye kuyinywa. Ariko, uburyo bushobora gutuma umuntu yiyangiriza (dependence) n'uburemere bw'ibyago byo kugira ikibazo cy’imyemerere (overdose) ni bwinshi. Niba iri ntambwe igusobanura, ibyifashishwa byombi bashobora gukoranya, kandi ubuvuguzi buhagarariye ubuzima bugomba kureba uko umuntu yiyangirijwe n'ibyifashishwa byombi bigaragaza icyiciro cy’ubuziranenge (GABAergic) mbere yo gufata icyemezo cyo kugabanyiriza kimwe muri byo.
Imyitwarire y'imikemuko/imyitozi yo gushimangira imibonerezo y'hormone y'intambwe.	GHB ivuga ibimenyetso byo mu maro make (pituitary) bituma igice cy'umubiri gitanga hormone y'intambwe, kandi bikorwa n'abantu bamwe barimo abagabo bafite imisatsi myiza (bodybuilders) n'abakinnyi, bigamije kugira ngo babashe kwiyongera imisatsi. Abenshi bakoresha iyi mvanga buri mugoroba, bayitwaye nk'icyo gituma umubiri guhinda neza no gukura imisatsi, aho kuyikoresha nk'imvugo yo mu birori. Ibi ni icyiciro gikomeye cyane kandi kidasobanutse cyangwa kirebwa neza kuva ku ngeseko y'uko umuntu yakwivanga kuri GHB, kuko ntibishobora kuboneka nk'uko umuntu yakoresha imvugo. Umuntu akoresha iyi mvanga wenyine, mu buryo bumwe buri gihe, kugira ngo abeho neza, kandi ibyo byashobora gutuma umuntu atagira icyumweru cyangwa atagire icyo amubwira ko yaba yarajyanye imibiri ye ku rwego rwo guhungabanya. Uburyo bwo gukoresha iyi mvanga buri mugoroba ni bumwe na bumwe, kandi ni wo mwari w'uko umuntu ashobora kwiyandikana kuri iyo mvanga. yashinzwe mu Ngabane ya 1 na Ngabane ya 4 — igice cy'uruhodo rwa buri gihe ni byo bituma umubiri wishyira hejuru (tolerance) kandi ukunda iyo mananura (physical dependence), nta kumvwa icyaba ari ingenzi. Iyo uvuza, bisanzwe bikwiye gufata neza ibintu bifatanya mu gukora hormone

Ibihe.	Ibyo bitandukanya.
	z'amara (growth hormone axis) aho kugira ngo ushobore gusa ku ishami rya GABA; ubundi bw'ubuzima bushingiye ku mikundiro yo kwinagura amara (orogoro nyinshi, kunywesha igihe cyimwe, imyitozo y'igikoresho) birahindura uburyo bwo gufasha butangirwa n'ibimenyeshamakuru; ibindi bitumvikana bya peptide bifatanya mu gukora amara (growth hormone secretagogue peptides), nk'ipamorelin, byagombaga gushyirwaho kugira ngo bifashe mu gihe. Abantu bafite iyi gahunda kandi bahitamo guhinduka: kwifashisha ibintu bitanga ingaruka nziza ku mubiri kugira ngo ube umukinnyi mwiza, hanyuma ukomeze kubikoresha kugeza aho urabikingiye, si icyo gitandukanye cyangwa gikire. cyo cyihariye mu iyi gahanda - ikimenyabugenge kitagira icyo kigira ku nshuti y'icyifuzo.
Ibirori by'umuziki n'umwimerere w'ibitaragura.	Muri imyaka ishize, umwe mu buryo bwo gutangira gufata GHB ni uburyo bwihariye: igice gito cyane gituma umuntu yumva neza kandi agendere neza, kigiherwa ku mugaragaro mu birori cyangwa ibirori by'umuzinga, kandi hashingiwe kuri iyo gahunda, ushobora gufata n'ibindi binyobwa nk'MDMA, ketamine, cyangwa itabi. Ibi kandi niwo mwanya uhagaragara umuntu ashobora kwangirika kuko igice gito cyane gituma umuntu yumva neza kandi agendere neza, ushobora kuba ifite imimerere itandukanye, kandi umuntu atazi uko ayo masegura yagiye kumugira. ndetse kandi iki gikorwa si icyiciro cy'ibintu bitagendekeye; ahubwo ni ibintu bisanzwe, kandi uyu munsi ari na wo umwanya ukomeye kuva aho ibyaha byakozwe bifite isoko mu birori no mu mahanga. Uburyo umuntu yegera guhoza igikoresho cyangwa akajya awumva koko ntibiba nk'igihe kimwe gito; ahubwo ni ukugira inshuti n'abandi, cyangwa kugira uburyo bwihariye bwo kwiruhura, hagati y'ibirori, kandi uko igihe gishikaga, umuntu yakomeza kuyifunga. Kwiyandagaza no kunywa ibindi biribwiriza byinshi kandi ni icyiciro gikomeye mu buryo bukunda kugaragara - reba inyishu ya 5 yitwa 'Ibihumbi'.
Igiturage (livestreaming) n'ubugira ibintu ku mbuga z'amakuru (social media).	Iki gice kizamara umwanya cyihariye, kandi gikwiye kwitwa n’izina ryacyo ahubwo ntikigendere mu byiciro by'ibindi. Gukoresha ibikoresho kuri kamera, imbere y'abantu, bitanga inyunganiramakuru zindi – abamare babi kubona uko abantu bareba kandi bakurikira birangaza ubwonotewe bwabo, kandi ubu buryo bukorera nk'ubundi bufasha mu kugira ibimenyesha (dopaminergic reward circuitry) ko umuntu yishimye, kandi byombi byakongerera ku gihe cyo gutanga ibyo bishimwe. Iki gice kizasobanura uko iyi ntambara ishobora gufasha no kuba ingaruka zikaboneka vuba kurushaho n'uko umuntu yakoreshaga ibikoresho mu buryo bwihariye. Uburyo buvugwa hano butandukanye n'ubundi twavuga mu bindi byiciro: umuntu ubona uko umuntu akora, ashobora kubona ko umuntu yagombaga kwitaba no gufasha. — Gira uruhutsi, hamagare umuntu ushobora gufasha, jyana uwaba yafashijwe mu rwego rwo gukomera, kandi sige ibindi bimwitwaro. Abantu babonye icyatangajwe ku marushanwa agendeye kuri internet (livestream) ntibashobora gukora ayo

Ibihe.	Ibyo bitandukanya.
	mahame. Kwerekanwa si ubwiyubakiriro, kandi urundi rwego ruzwi n'abamukurikiye ni nk'umuntu uri wenyine. Ibirungo bya GHB cyangwa GBL byakozwe mu buryo bwo gutanga umucibitse byinshi birashyirwa mu bidafite ubwoko, nk'amafini ya "energy drink" cyangwa amafini y'imikino, kandi ahandi hari igihe bitangwa n'abandi bantu aho kugira ngo umuntu abinyweye abe ari we ubishyushya, ibyo byongera ingorane yo gukora neza (kugira uburyo bwo kumenya igice cyo gutanga) yatumijwe na Section 1, kandi bigize urundi rwego: kutamenya neza icyaba kiri mu bidafite ubwoko. ubushake bwo kutamenya ubushoboro bwe.

KWAGIRA UMENYESHEJWE.

Hari umwimerere utanga impamvu itagomba kwigarurirwa mu rutonde rw'ingenzi kuko idasobanura neza impamvu umuntu yakoresha GHB—ahubwo, ivuga aho. Iyo ibyiciro, amacumbi, amatsinda y'abantu, cyangwa amahirwe atanga uburyo bwo kwirukana umuntu kubera ko akoresha, guhinduka kuko umuntu yakoreshaga ntibishobora kugenda uko byari. Ibyo bihura ni ukubahindura aho byaba. Umuntu wakoze ibintu mu mahire y'abandi—nubwo byatanzwe n'ubushake bwo kwitwara, nubwo byari bikomeye—usanga akoresha ari we gusa, iwe, cyane cyane kuko ahantu hagiye hose hatangiraga uburyo bwo guhindura uko byakozwaga. Ubu buryo buva ku kuba "umuntu wari ushobora kugira abandi bakamufasha" "Gushobora kugira ubufasha" kugeza ku "kwaba nta muntu n'umwe uri hafi" si ikintu gito. Ni urwego runaka rw’ibintu rugaragaza ko umuntu ashoborwa cyangwa atashoborwa, kandi rukongera no gutanga ibisubizo byo gufasha. Iburangabuhoro, bitarenze impamvu zabyiteye, bishobora kugira ingaruka mbi kurushaho. Niba iri ndirimbo igaragaza uburyo wagiye usanzama—inyangamugayo, umwanzuro mubi, cyangwa umuryango utaguhaye ibyangombwa—ubwo buri buryo bwo kwigarurira ubuzima bwanyu ni icyiciro cy'ibisubizo byo gufasha. Ntabwo ari ikimenyetso kuko wari ushobora kugira ubuvuguzi, ahubwo ni ingaruka z’uko aho ubufasha bwari buherereye, bidatanga umwanzuro ku buryo waba ushoboye kubufata.

Icyiciro cya 7 — Gukoresha Uburyo bwo Guhuza.

Cyane cyo muri iyi gahunda, hasi y'ibyo ni byinshi, gishobora kuvuga ibintu bibura bikomeye kuva kuri GHB—kuko iyo ntambwe ishobora guhungabanya ubuzima, kandi kugira uwo mwimerere neza ni cyiza kurusha ibindi byose hano. Ariko abantu benshi bakoresha GHB bataba bari mu gihe cyo gutanga inkundimike. Umuntu ukoresha GHB rimwe ku cyumweru ushaka guhuza, afite ibisobanuro bitandukanye atanga "ujye mu rwego rwo gushakira ibisubizo."

Iki cyerezo.	Ibyiciro.	Ibi bihingwa byagira ingaruka ku buzima bw'umuntu, kandi ushobora	Iyo umuntu ashaka kwitaba gahunda yo guhinduka, bisaba ibintu byinshi. * Kwihangana no

		kwingirira ubuziranenge. Ibiribereho by’umwihano bishobora kugera ku mwihano ukomeye cyangwa urupfu. *** Ukwanga:** *** Ibihinagazana bituma umuntu yishima, ushobora kwingirira ubuziranenge.** *** Niba utabifata uko bikwiye, ushobora kubona ibintu by'umwihano ukomeza kugenda ubyaza amahoro.** *** Ubwihano:** *** Ibihinagazana bituma umuntu yishima, ushobora kwingirira ubuziranenge.** *** Niba utabifata uko bikwiye, ushobora kubona ibintu by'umwihano ukomeza kugenda ubyaza amahoro.** **[Ibi bihingwa**	**gukomera: Guhinduka ni inzira ndende kandi itoroshye. Bisanzwe usanga hari imibagirano n'inzara zo kuba mu buryo bw'akanyuma.** *** Ubufatanye: Nta muntu umwe ushobora guhinduka wenyine. Gusaba ubufasha ku bantu bazamukundira, abagabo, abagore, ababyeyi, abana, n'abandi baturage ni byinshi.** *** Ibirori: Guhinduka bisanzwe birangaza kandi bitanga ibyishimo. Kubera iyi mpamvu, umuntu ashobora gufata amahitamo atari meza.** *** Uburyo: Kugira ngo umuntu agire ubumenyi bwose, afite ubushake bwo kwiga byinshi.** **Ibi ntibyoroshye, ariko bisanzwe birashoboka. Niba ufite ibyo ushaka kugenda mu buryo butandukanye, ushobora kubikora.**

		byagira ingaruka ku buzima bw'umuntu, kandi ushobora kwingirira ubuziranenge.]	
1 — Itoroshye / yifatwa nk'iy'umwimerere.	Nta mibare cyangwa ibikorwa by'umwimerere.	Vya si.	Kwiyandikira burundu si ikibazo gikomeye kuri uwo mwimerere. Niba ushaka guhagarika, ushobora guhagarika mu buryo bworoshye. Icy'ingenzi ni ukumenya impamvu yatumye utanga icyo kintu (urugero rw'agateganya ruri mu bisigazwa 6) kugira ngo udahita wiyandikira ikindi cyihariye.
2 — Igihe gice / mu butumwa bw'imikunda no.	Inshoro z'ibintu bisanzwe cyangwa ibindi bintu by'umwihariko (amahererekero, imishira y'ibyemwa, n.a.n.), ntizongereho uko gihe gishingiye.	Bure.	Ku bantu benshi ku rwego ruriya, guhagarika ni icyifuzo cyo kwihutisha. Bisobanutse: ese igihe hagati ya za serivisi ziba zitandukayo bishyize imbere byagabanutse? Ese umubare w'ibintu bitangwa mu minota imwe yiyongereye? Niba kimwe muri ibyo cyaba ari ukuri, ashobora kuba agiye kugera ku rwego rwa 3 aho kuba arushaho gukomeza ku rwego rwa 2.
3 — Gukoresha ibintu by'uruhu uko se, bidatanga umugongo.	Inshuro zirenkeranye buri cyumweru, ubuzima bwa kimwehe buguma buhagaze ntibushobore kwinangana, nta ngingo yo gufata imiti mu ijoro, kandi nta byimikurizo by'ubuzima bw'umuntu byagaragaye hagati y'amayeri (ntihasigara ibimenyetso nk'umuriro, ubwoba, cyangwa umwongozwa	Iyo umuntu yikura mu byinshi, ariko bigenda neza cyane kuko atagombwa ko ajya mu bitaro.	Iyi migendero ni yo ituma abantu benshi batagira ubwoba mu gutangiza gahunda y'ubuzima bwabo. Iyo umuntu atangiye gukoresha ibiyobyobye, byoroshye kuvamo – ariko kandi bishoboka. Gutangaza ko ushatse kugira icyo wihindura ni ingenzi, kuko bituma ufatwa

	mbere yo gufata imiti mu kanya.		nk'umuntu ufite ubwenge. Kugira ingeso nziza zo kwirinda ibiyobyobye ni byinshi, harimo: * Gushakira ibisubizo ku bibazo bya ruhondo. * Kwihanganya mu buryo bw’ubuzima. * Kugirana n'abantu b'inyamaswa. Iyo umuntu yafashe icyemezo cyo kugira ingeso nziza, hari imikoresho myinshi itazwi yo kwirinda ibiyobyobye. Imwe muri iyi mikoresho ni ukubona muganga. Kugirana n’umuganga bizafasha umuntu kumenya uko azakora kugira ngo atagira ingaruka z'ingeso mbi. Iyi migendero kandi ituma abantu benshi batagira ubwoba mu gutangiza gahunda y’ubuzima bwabo. Gutangaza ko ushatse kugira icyo wihindura ni ingenzi, kuko bituma ufatwa nk'umuntu ufite ubwenge. Iyi migendero kandi ituma abantu benshi batagira ubwoba mu gutangiza gahunda y’ubuzima bwabo. Gutangaza ko ushatse kugira icyo wihindura ni ingenzi, kuko bituma ufatwa nk'umuntu ufite ubwenge. Iyi migendero kandi ituma abantu benshi

			batagira ubwoba mu gutangiza gahunda y’ubuzima bwabo. Gutangaza ko ushatse kugira icyo wihindura ni ingenzi, kuko bituma ufatwa nk'umuntu ufite ubwenge. Iyi migendero kandi ituma abantu benshi batagira ubwoba mu gutangiza gahunda y’ubuzima bwabo. Gutangaza ko ushatse kugira icyo
4 — Gukura / guhunguka.	Umwanya hagati y'amaziwa ushize yiyongereye cyangwa igice cyo kwifashisha gishyiraho. Hari ibimenyetso birangawe byatangiye kugaragara hagati y'amaziwa (ubangara, gutwiha, guhinduka kw'umutuzo) kandi ntacyo cyaba buri munsi.	Igihe gito kandi kigaruka cyane.	Iyi ni iyo nshuro aho ubuvuguzi bw'abaganga bwa mbere burangira butaba ingingo itagombwa, ahubwo bigera ku kuba ngirakamaro cyane - kuko no mu gihe atariho burya, ukuntu byagenda bigenda bituma umuntu agomba guhagarika ni ikimenyetso gikomeye ko ubwonko bw'umuntu butangira kwiyinduramo. Ntuzabe ufite icyo ugiye gukora kugira ngo ujye gusaba inkuru y’abaganga.
5 — Ijyanye (umurongo wa kanguko).	Injoro zitatu cyangwa zirengeje kuri iyo, by'umunsi, harimo no gufata umuti mu masaha ya nijoro kugira ngo ushobore gukurikiza ibirungo.	Cyiza cyane - iki ni umugongo uhumvikijweho mu Icyiciro cya 0, kandi usobanura ko ari ikibazo gikomeye cyangwa akaga kigomba gukurikiranwa n'abaganga.	Ntihagombwa gukora icyo kwinshi cyangwa guhagarara mu buryo butunganye, usabwe kugira ngo ubone umuganga. Ibi bimenyetso by’ubuvandimwe bishyirwaho ku bushake bw'abagize itsinda rya Section 8, kandi bigaragaza uko bikwiye gukorwa.

UDUKIRIMENYETSO

Niba uri ku Level ya 2 cyangwa 3 kandi urimo usoma iyi gahunda yose y’izamurwa no gushyiraho amagambo mu buryo bwihariye, ukareba niba ibyo usomera bigufitiye akamaro — ni byiza ko ubyumva neza: ahanini, ntibigukwiriye, kandi birenze kuba ikintu cy'ubwa gatatu. Uburyo buvugwa mu Cyiciro cya 0 bufite icyuho ku Level ya 5, kandi byari ngombwa ko bitangazwa neza kandi mbere kuko ariya mafoto niho umuntu ashobora kwitaba urupfu. Ariko, gusobanukirwa uko wakwirinda gukoresha ibintu kimwe buri cyumweru, ntibigomba kuba byo mu buryo bwo guhunga, kandi nta ko ugombaga kugira uburyo bukomye bw’icyiciro cya 8 ngo ushobore kubikora neza — ahanini, bisaba ibintu bimwe. Umuganga agomba kureba no gushyira mu bikorwa ibintu byose bifatwa nk'ibisubizo. Ubuvuguzi bwubaka bushobora gukorwa neza, kandi bushobora gutangira ku mvura y’imishinga itandukanye.

Guhindura ibintu: Ibigorane bisanzwe, nta ko bitabagira uko umuntu ayabikoresha.

Iyi ngingo igaragazwa kuri buri rwego mu rutabara ruri hejuru, ntihagire ikigenda: kugira ibintu byinshi bifite agaciro uhashize kandi bigenze neza ni kimwe na kimwe n'ibindi bishobora gutuma umuntu atinda. Ibyo byaba byari mu buryo butandukanye, ariko uburyo bw'uko byatangwa bitanga ingaruka zikomeye. Ubu buryo bwo kugira ibintu bifite agaciro uhashize kandi bigenze neza, burya ntibyorohereze umuntu gukurikirana inshinga ze, kuko birangaza aho yaba ashobora gufata ibyo akoresha. Muri iyo myemerero, umuntu w'umunyamahanga ashobora kugira icyo atanga, kandi uburyo bwo kugira ibintu bifite agaciro uhashize kandi bigenze neza, ni bumwe n'uburyo bw'ibindi byatuma umuntu atinda. Recovery Kernel (Ibyiciro by'amabwiriza 05) - Kwegera kuri iyi porogaramu ni ikibazo gikubiye mu buryo ibintu byagenda, bidatanga umuti gusa.

⚠ IBINDIZI.

Ibi bicebwa bigabanuka cyane n'uburyo bw'ibindi bisanzwe, kuko Section 1 yagaragaje ko ubushoborero bushobora kuba butubahirizwa. Ibirungo byinshi bifashishwa – cyane cyane GBL cyangwa 1,4-BD, cyangwa GHB ituma ku buryo busobanuro – bidatanga ibyabigaragaza ko ubushoborero buhagarije mu gihe cyose, guhera ku nshuro ya mbere kugeza ku ya nyuma. Kugira inshuro zirengeko ku birungo bifashishwa by'umwihariko, kandi umuntu yaba yaranyweye, kandi akaba atazifite ubushobozi bwo kwemeza neza igice cy'ibyo afashe, ni icyiciro gikomeye cyatuma umuntu yongera ibirungo bifashishwa no kuba agira ikibazo. Ibirungo byinshi bifashishwa bidatanga amahirwe yo gukoresha ibintu byinshi – ahubwo bitanga amahirwe yo kugira uburyo bw'ubushoborero butubahirizwa, kandi ni wo muhango w'iyi gahunda yose. byiza cyane.

Niba kugabanyiriza cyangwa kwicuruza ni igikubiye mu ntego ku rwego runaka muri tabeli y'harabaye, kugabanyiriza umutungo ushobora gukoreshwa—ntihagire ukwishakira kugabanyiriza icyifuzo cyo kuryoha—ni ingingo nziza kandi ifatwa neza, itandukanye n'ibindi byakorwa mu buryo bwo guhuza imiti.

Icyiciro cya 8 — Ibyiciro byo Gukiza Umubiri.

Iyi ngingo yubashije kukugira ubufasha cyangwa uwifujweho kugira ngo wigarukire uburenganzira bwo guhabwa umuti ukwihariye—kwivura ibiyobyobyo bya GHB ni icyiciro gito cyane mu kuvurijwa mu bitaro, kandi kumenya amahirwe atandukanye mbere y'igihe bishobora kugira ingaruka ku byo umuganga ashobora kukugira.

Imwe muri iyi mpamvu zishobora gutuma umuntu agira uburwayi bwo mu mutwe. *** Ibihe by'umwuka bibi** *** Uburware** *** Gusumbishwa** *** Ukudatanga icyizere** *** Ubudare** *** Ubushake** *** Imibazo y'ubuzima** *** Imirimo** *** Ibintu bituma umuntu wihangayikirana** **Niba uri mu kaga, usabwa gukora ibi:** *** Hamagaza umuganga.** *** Hamagare umufasha.** *** Hamagare umuntu ukeneye.** *** Jya kwivuza.** *** Shira imyirondoro y'ubuzima.** *** Gura mu buryo buhoraho.** *** Tora ibintu bituma wihangayikirana.** *** Byose bisanzwe, nta bindi byakorwa.** **Niba ufite uburwayi**	**Ibijyanye na byinshi.**	**Ibyamenyeshwa bya Kliniki.**

bwo mu mutwe, usabwa gukoresha Recovery Kernel na Naloxone. Ibi bihuzi bifasha guhagarika uburwayi bwo mu mutwe kandi biguma ku mutima. **Usabwe kandi kureba Blueprint kugira ngo ubone amakuru y'ubuzima. Ushobora kandi kwifashisha findahelpline.com kugira ngo ushobore kubona inkunga.** **Niba ufite uburwayi bwo mu mutwe, usabwa gukoresha COMT na DRD2. Ibi bihuzi bifasha guhagarika uburwayi bwo mu mutwe kandi biguma ku mutima.** **Usabwe kandi kureba Blueprint kugira ngo ubone amakuru y'ubuzima. Ushobora kandi kwifashisha findahelpline.com kugira ngo ushobore kubona inkunga.** **Niba ufite uburwayi bwo mu mutwe, usabwa gukoresha MTHFR. Iki kirungo gifasha guhagarika uburwayi bwo mu mutwe kandi biguma ku mutima.**		

Usabwe kandi kureba Blueprint kugira ngo ubone amakuru y'ubuzima. Ushobora kandi kwifashisha findahelpline.com kugira ngo ushobore kubona inkunga.		
Gukoresha Baclofen buvuga kugumaho gato gato kugeza ukagira ibimenyesha.	Agoniste ya GABA-B — ifatanya neza n'umuti wa GHB ku mwanya we mu maseli; igihe kinini cyo guhinduka kigabanyiriza umubiri kugira ingaruka z'amazi.	Uburyo bw'ingenzi bwo gukoresha imiti. Idoze zikenwa zigera ku 200-300mg/umunsi, kandi zigomba guhindurirwamo neza. Si ibigo byose byubuvuzi bifite ubumenyi ku kurya baclofen mu buryo bw'ingenzi; bishoboka ko ugomba kugira urwo rwego rwo gushakira, usobanure amabwiriza y’ibitekerezo (Addolorato et al. 2009; Bell et al. 2011) niba utumvikana.
Protocole y'ubwiherero bwinshi bw'imiti ya benzodiazepine (iyo itangwa cyane mu buzobuzi).	Agoniste ya GABA-A - ifatira umusaruro wa GABA burundu, ku bwoko bwa reseptore bitandukanye n'aho GHB igendere.	Ivugwa cyane kuko abaganga b'ubuvuzi bw'ibanze babamenya. Itazwi neza mu by’imikemike kurusha baclofen, kandi ishobora kubangana ibice byinshi kugira ngo itume umuntu agira ibibazo bikomeye byo guhagarika imiti, kandi hariho inkiko zo kuba umuntu yagera ku kwiyandura kuri benzodiazepine kudasubirwaho n'imiti yo guhuza. Ikeneye gukurikiranwa neza n'abaganga.
Uburyo bwo kugabanyiriza igiciro cy'umuti wa sodiyumu oksibate.	Kugenera umwanya ukoresha imashini y'ubuhanga, hanyuma kwishyira mu nguvu buvuyeho.	Iyo ukozakora ni igisubizo cyoroshye kandi gikoresha ibintu byakozwe mbere - umuti umwe, ufatwa nk'icyo ushoboye gukora mu mubiri, nta bintu bisaba ko twumva neza. Uyu muti wakoreshwaga muri bamwe mu bitaro by’abaganga bigize urwego rwihariye ku bantu bahoze bakoresha ibiyobyobye; ariko ntuboneke ahandi ushobora kubona uretse aho bavuga inkuru y'umugore, kandi ugomba gukorerwa n'umuganga ufite ubushobozi bw’ibyo byo.
Fenobarbitali.	Barbituriki ifite ubuzima burenbure kandi igize	Ikoreshwagakondo mu byiciro by'abaganga ku buntuherwa

	uruhindu rushobora kwihanganisha ku GABA-A; igihe cyo guhinduka kirekire (amasaha 53-118) bituma ibyo mu maraso bigenda neza kandi byatemberwa n'ubwo bwenge.	biturutse ku ntibazo zirenze kimwe, bigamije gukuraho imiti itandukanye. Hakenewe kwirinda no kureba neza uko umuntu yihagarika. Ntabwo ari icyiciro cya mbere, ariko gifite akamaro mu gihe ibindi bitari byoroshye.
Imiti ifatwa mu gihe hagati y'imiti ikoreshwa mu kuvura indwara.	Clonidine ku bushoboro bwo guhoza imimerere y'uburindi; imiti itanga umusaruro mu mutwe (haloperidol, quetiapine) kugira ngo kurwanye ubwonkawu/ibimenso; imiti ituma ibice by’umwijima bitagire ingorane kugira ngo zivugire; ivirimu n'ubuyobozi bw'amafu.	Kwicuramo kwa GHB bitera ububasha bukomeye bw'imikorere y'umubiri hamwe n'ibimenyetso by'uburwayi bwo mu mutwe, kandi iyi mirongo itandukanye ifasha kugabanya ibimenyetso by’umutuzo cyangwa iby’uburwayi bwo mu mutwe bigaragara mu bisigazwa 1 na 2.

⚠ IBINDIZI.

Ibyo bisobanuro by'ubushakashatsi buhagaze kandi bufite ubushobozi: hari ibyabayeho mu bushakashatsi bw'ubuzima ku birebana n'itransporter za monokarboxylate (MCTs), zishobora kugeraho mu myanya y'imitsi, ndetse no kuri uko guhindura acidity ya mazi yo mu mubiri (pH), harimo gukoresha bicarbonate ya sodiyum, ishobora kunganira gutuma imirire ya GHB itangira kuva mu mubiri - uburyo nk'ubwo bwifashishwa mu kuvura abantu bahuye n'ibindi bibazo by'imikoro. Umuti ushobora guhagarika igikorwa cy'umuryango wa GABA-B (SCH-50911) yagaragaje ko ifite ubushobozi bwo kugabanya ingaruka, ariko ntihagereho ubuvuguzi bwifashishijwe ku bantu. Ibi byombi biratangazwa mu bushakashatsi bugaragaza uko ibintu byagenda (proof-of-concept) byatangiye, kandi bidatanga ubushobozi bwo gukoreshwa mu kuvura abantu. Ni ikibazo cy'ubushakashatsi gikomeza kugenda gihagaze, kandi kigaragara ko ari ingenzi. Si igikorwa cyo gukorerwa mu rugo, kandi si icyifashisha ahandi aho hari amabwiriza yagiye atangazwa. Ubu butumire ntibugiye ku bintu byo guhuza ibirungo cyangwa uko bikorwa—ubwo bwundi buguzi hagati y'uko "icyo gikoresho gifite imikorere nyayo" no "kuba icyifashisha kandi kikorwe n'uwihariye, atabikuriwe," ni aho abantu bahura n'akaga.

Igihe umufasha wa muganga adatanga serivisi z'ubuvuzi.

Si buri wese usoma iyi nkuru ashobora kugera ku bitaro - kubera ibigo, igiciro, ubuzima bwo mu mahanga, cyangwa igihugu gifite imirimo y'ubuvuzi yoroshye. Iyo mvura ituma abantu batagira icyo bakora, kandi ikibazo gishobora kugikemura ni ugushyisha ibintu byifashishwa mu buryo bwimbitse kugira ngo bikoreshwe neza.

Ntamenye.	Impamvu y'ibyo.
Nomero z'ubugenzuzi bw'ibintu byangiza.	Ibihugu byinshi bifite umugongo w'ubuvuzi cyangwa hotline y’ubuvuzi y’intokomoko za poison, ushobora

Ntamenye.	Impamvu y'ibyo.
	kwitwarikirwa ku telefone, kandi ufashwe n'abaganga bigishijwe mu buryo bunini kugira ngo bakuremo abantu muri iyo ntambara, ndetse no mu gihe gutwara umuntu kwa muganga bitabasha gukorwa. Ibi ni ubushobozi bw’umuganga buhabwa ku munota, bidatanga ibitekerezo hanyuma. Gutwarikirwa n'uwo mugenzi ni icyiciro cyihariye kandi gikomeye cyane kurusha kwitwibagira kuri raporo yanditswe, ndetse no mu gihe umuntu atabasha kugera ku bitaro vuba.
Iserivirize z’ubuzima ku kiguzi (telehealth), aho ziba zishoboka.	Ubukangurura bw'amashusho cyangwa urubundi rwa telefoni n'umuganga, ndetse n'umuganga utaba ku mugabane, bishobora gutuma umuganga agira ibisubizo by’ubuvuzi byimbitse—gushobora kureba uko umuntu aragera, uko yihagarika, no gukurikiriza ibimenyetso by'indwara uko bigenda - mu buryo butandukanye n'ibiyiciro by'amabwiriza atubahirizwa.
Ntabwo ugomba kuba wenyine ubwo uri mu byiciro byo guhagarika umwanda.	Niba umuvandimwe wawe atazigera ajya mu bitaro, ikintu cyingenzi kurushaho ni umuntu utabiriye ibiyobyobyo uri kumwe na we, ufite ubwenge bwo gukurikiriza neza: uburyo yihumeka, uko arembye, kandi wamufasha guhinduka (recovery position) igihe cyaba kinagombwa, kandi wakoreshe telefone gusaba inkunga nubwo hari ikintu kirebana. Ibi ntibigomba gukorerwa kugira ngo umuntu aboneza, ahubwo bigomba gukorwa kugira ngo abe umuntu ushobora kubona ibimenyesha igihe habaye ikibazo.
Gukora ibikorwa mbere y'igihe cyo gushyira mu ngoro, bidatanga amahirwe yo kugira ikibazo.	Niba ukuntu ko umuntu adafite ubushobozi bwo kwitabira serivisi ziboneye ni ikintu gikomeye, ntikizasanzwe, igihe cyiza cyane ni mbere y'aho umuntu yakomeza gukoresha ibiyobyobyo buri munsi inshuro eshatu cyangwa zirengeje, nkuko bigaragara mu Icyiciro cya 7. Aha, ushobora kugabanyiriza igiciro cyo gufata ibiyobyobyo hanyuma, kandi ugerageza gukoresha serivisi ziba zifiteho amahirwe, aho kugira ngo umuntu yirengagije maze atangiye kwitwika nta we afite ushobora kumufasha.

KWAGIRWA UWO YUMVYE.

Niba uri gusoma iyi porogaramu kuko umubare si icyifuzo gikomeye kuri wewe, ndashaka kuvuga neza: birenze ibyo porogaramu yagufasha gukemura hanyuma ukurikije ingamba zitumvikanye. Ibyo porogaramu yashobora kukuremo ni ugushyira mu mwanya wa serivisi zifite telefoni, kandi kugutegurira gufata ibikorwa vuba, kuko hari uburyo bwinshi buhari, aho kugirana na nyuma ubwo umubare ushize. Ibyo ni icyiciro gikomeye, nubwo bitari icyo wari ushatse.

I minsi 30 ya "Cliff": Inyandiko z'amabwiriza z'ivuka, igice cy'ibisubizo byihariye ku buryo bwa nyuma.

⚠ IBINDIZI.

Umushingira usanzwe wo guhagararwa ushobora gukurikirwa ne jina rimwe, kuko uhitaza ingorane zindi, zitandukanye n'iyakorera mu gihe cyo kwisubiraho: gutwara umuntu mu bitaro (kuva ku munsi wa 5) hanyuma amurekura akoresheje imiduri itanga ububasha bwo kuruhuka (benzodiazepine), igihe kingana kirenga ibyumweru bibiri—byitezwe ko azayifashisha kugira ngo afashe umwanya wo gukomera. Igihe icyo gitume cy'ibyumweru bibiri kirangiye, hari ibisobanuro byinshi byerekeranye n'abantu basubira mu mezi aho bari bageraageza guhagarika. Ibi ntibishobora kuba impamvu y'imbaraga z'umuntu cyangwa uko umushinga wo guhagararwa wagenze. Ni ikintu gishingiye ku bushakashatsi bw'imyemerere y'ubuhanga.

Impamvu iva ku buryo buriho buhuriye ne gahunda y'umwaka ya Section 3: ku munsi wa 30, ubuhabwe bwo gukongera kw'uretsebo rya GABA-B bwaba mu gihe cy'ibanze - byari bugiye kugira ubuhererekano bukomeye nyuma y'amezi, nkuko ibisobanuro byo muri iyi gahunda bigaragaza ko ubuhabwe bwa GABA-B buvuka hagati ya 12 na 18. Ibirungo bya benzodiazepine bidafatanyaga gusa no guhuza ibimenyetso mu gihe cyo; byari kandi bifasha ubuhererekano bwa GABA-A, bigateza imbere ubuhabwe bw'ubusanzwe bwa GABA-B butarongera kuboneka. Iyo umuganga atangije igihe cyo gufasha umuntu gukurikiza ibirungo by’umuti ku itariki yihariye ahubwo, aho kugira icyo bitwaye mu buzima bw'umuntu, kandi akenshi nta ntego yo kugaruka kwa muganga, kandi akenshi nta gahunda yo guhuza umuntu n'abaganga nyuma yo kubona ibirungo by’umuti – umuntu aratangira kwihutisha. Ibigeventa byatangirwaga bigatwara izindi byatangirwaga mbere, kandi iyo ngorane itaratangiwe neza. Iburangabu burebure bwo guhangana n'ubwoba no kwiyagira bituruka ku mpinduka mu masozi y'ubwonotewe (neurobiological), bidahagarikiho kuba iby'imimerere y'umuntu: ni yo impamvu ko gukoresha gahunda z'ubufasha bw'umwihariko byanzeigera kugira icyo bitanga: guhura n'abantu bigomba gukoreshwa mu buryo butandukanye, kuko ibibazo biba ku bipimo bifitanye isano n'ubwonotewe, kandi bidahagazwa no kuba ubwoko bw'amasozi ya GABA-B bitarongoranywe.

Ibintu byatuma gahinduka mu buryo bwo gukora ibikorwa by'inyuma y'ubuvuzi. *** Ibihumbi by'abantu bagarurirwa mu bitabo by'ibigo nderabuzima buri mwaka, kandi abenshi muri bo bakiri mu cyiciro cy'abaganga babonye ubuvuzi bw'ibanze.** *** Abaganga bafite ibitekerezo bitandukanye ku buryo umuntu ashobora kubaho nyuma yo guhagararwa mu ruganda rw'ubuvuzi.** *** Ibihumbi by'abantu bagarurirwa mu bitabo by'ibigo nderabuzima buri mwaka, kandi abenshi muri bo bakiri mu cyiciro cy'abaganga babonye ubuvuzi bw'ibanze.** *** Abaganga bafite ibitekerezo bitandukanye ku buryo umuntu ashobora kubaho nyuma yo guhagararwa mu ruganda rw'ubuvuzi.** *** Ibihumbi by'abantu bagarurirwa mu bitabo by'ibigo nderabuzima buri mwaka, kandi abenshi muri bo bakiri mu cyiciro cy'abaganga babonye ubuvuzi bw'ibanze.** *** Abaganga bafite ibitekerezo bitandukanye ku buryo umuntu ashobora kubaho nyuma yo guhagararwa mu ruganda rw'ubuvuzi.** **Ibihumbi by'abantu bagarurirwa mu bitabo by'ibigo nderabuzima buri mwaka, kandi abenshi muri bo bakiri mu cyiciro cy'abaganga babonye ubuvuzi bw'ibanze. Abaganga bafite ibitekerezo bitandukanye ku buryo umuntu ashobora kubaho nyuma yo guhagararwa mu ruganda rw'ubuvuzi.**	**Iyi ntambara y’ibintu bituma umuntu agira uburwayi bwo mu mutwe, si icyo gituma abantu bagira uburwayi.**
Gukurikirana ibibereye mu gihe cy'amezi atanu, ntikubwire ko ari ikiguzi gishobora gufasha mu byo kugira ubuvumbure. Ibi birenze igihe cy'amezi make, bisaba umwanzuro w'igihe kirenga amezi 12-18.	Gusuzuma igihe cy'inyangamvugo y'ubuvuzi bw'ibanze mbere yo kujya mu rugo, n'umunsi w'inyangamvugo ushatirwa neza ukurikije igihe umwenda uzaba urangiye—ntitabe "sanzanya muganga wawe," ahubwo ni umunsi w'inyangamvugo ushatirwa.
Kwihagarika kuza kuva kuri benzodiazepine mu minsi itatu gusa, aho kugira uko ukomeze kuyifunga bukendu.	Gukongera umuvuduko w'ibimenyeshamakuru bya "bridge" buvuga gukuraho ibyo bimenyeshamakuru hanyuma, bigomba gushingwa n'umuganga ushoboye mu

Ibintu byatuma gahinduka mu buryo bwo gukora ibikorwa by'inyuma y'ubuvuzi. *** Ibihumbi by'abantu bagarurirwa mu bitabo by'ibigo nderabuzima buri mwaka, kandi abenshi muri bo bakiri mu cyiciro cy'abaganga babonye ubuvuzi bw'ibanze.** *** Abaganga bafite ibitekerezo bitandukanye ku buryo umuntu ashobora kubaho nyuma yo guhagararwa mu ruganda rw'ubuvuzi.** *** Ibihumbi by'abantu bagarurirwa mu bitabo by'ibigo nderabuzima buri mwaka, kandi abenshi muri bo bakiri mu cyiciro cy'abaganga babonye ubuvuzi bw'ibanze.** *** Abaganga bafite ibitekerezo bitandukanye ku buryo umuntu ashobora kubaho nyuma yo guhagararwa mu ruganda rw'ubuvuzi.** *** Ibihumbi by'abantu bagarurirwa mu bitabo by'ibigo nderabuzima buri mwaka, kandi abenshi muri bo bakiri mu cyiciro cy'abaganga babonye ubuvuzi bw'ibanze.** *** Abaganga bafite ibitekerezo bitandukanye ku buryo umuntu ashobora kubaho nyuma yo guhagararwa mu ruganda rw'ubuvuzi.** **Ibihumbi by'abantu bagarurirwa mu bitabo by'ibigo nderabuzima buri mwaka, kandi abenshi muri bo bakiri mu cyiciro cy'abaganga babonye ubuvuzi bw'ibanze. Abaganga bafite ibitekerezo bitandukanye ku buryo umuntu ashobora kubaho nyuma yo guhagararwa mu ruganda rw'ubuvuzi.**	**Iyi ntambara y’ibintu bituma umuntu agira uburwayi bwo mu mutwe, si icyo gituma abantu bagira uburwayi.**
	bijyanye no kwivura cyangwa umushomeranzi, ukurikije uburyo bw'inyongera y'ibice bumvikanye muri iyi porogaramu, aho kugira ngo hagashyirwe igiciro gikomeye cy'ibyimenyeshamakuru hanyuma bikaregurwa burundu.
Bitegwa ko gukoresha gahunda yo gufasha yonyine bigihagije kugira ngo ufatwe neza mu mvura ya gikomere ituruka.	Kugira intumwa yo gukora ibikorwa by'ubuzima bw'umuntu kandi kugira ubwoba bwo kuba wabura ubuvuzi, ni bibazo by'ubuzima bw'abantu. Ibi bishobora

Ibintu byatuma gahinduka mu buryo bwo gukora ibikorwa by'inyuma y'ubuvuzi. *** Ibihumbi by'abantu bagarurirwa mu bitabo by'ibigo nderabuzima buri mwaka, kandi abenshi muri bo bakiri mu cyiciro cy'abaganga babonye ubuvuzi bw'ibanze.** *** Abaganga bafite ibitekerezo bitandukanye ku buryo umuntu ashobora kubaho nyuma yo guhagararwa mu ruganda rw'ubuvuzi.** *** Ibihumbi by'abantu bagarurirwa mu bitabo by'ibigo nderabuzima buri mwaka, kandi abenshi muri bo bakiri mu cyiciro cy'abaganga babonye ubuvuzi bw'ibanze.** *** Abaganga bafite ibitekerezo bitandukanye ku buryo umuntu ashobora kubaho nyuma yo guhagararwa mu ruganda rw'ubuvuzi.** *** Ibihumbi by'abantu bagarurirwa mu bitabo by'ibigo nderabuzima buri mwaka, kandi abenshi muri bo bakiri mu cyiciro cy'abaganga babonye ubuvuzi bw'ibanze.** *** Abaganga bafite ibitekerezo bitandukanye ku buryo umuntu ashobora kubaho nyuma yo guhagararwa mu ruganda rw'ubuvuzi.** **Ibihumbi by'abantu bagarurirwa mu bitabo by'ibigo nderabuzima buri mwaka, kandi abenshi muri bo bakiri mu cyiciro cy'abaganga babonye ubuvuzi bw'ibanze. Abaganga bafite ibitekerezo bitandukanye ku buryo umuntu ashobora kubaho nyuma yo guhagararwa mu ruganda rw'ubuvuzi.**	**Iyi ntambara y’ibintu bituma umuntu agira uburwayi bwo mu mutwe, si icyo gituma abantu bagira uburwayi.**
	kubangamira abantu mu buryo butandukanye, harimo: * Guhagarika ibirungo * Gusinzira * Kurwara * Kwitwararana nabi * Gupfa Iyo umuntu afite ubwoba bwo kuba yabura

Ibintu byatuma gahinduka mu buryo bwo gukora ibikorwa by'inyuma y'ubuvuzi. *** Ibihumbi by'abantu bagarurirwa mu bitabo by'ibigo nderabuzima buri mwaka, kandi abenshi muri bo bakiri mu cyiciro cy'abaganga babonye ubuvuzi bw'ibanze.** *** Abaganga bafite ibitekerezo bitandukanye ku buryo umuntu ashobora kubaho nyuma yo guhagararwa mu ruganda rw'ubuvuzi.** *** Ibihumbi by'abantu bagarurirwa mu bitabo by'ibigo nderabuzima buri mwaka, kandi abenshi muri bo bakiri mu cyiciro cy'abaganga babonye ubuvuzi bw'ibanze.** *** Abaganga bafite ibitekerezo bitandukanye ku buryo umuntu ashobora kubaho nyuma yo guhagararwa mu ruganda rw'ubuvuzi.** *** Ibihumbi by'abantu bagarurirwa mu bitabo by'ibigo nderabuzima buri mwaka, kandi abenshi muri bo bakiri mu cyiciro cy'abaganga babonye ubuvuzi bw'ibanze.** *** Abaganga bafite ibitekerezo bitandukanye ku buryo umuntu ashobora kubaho nyuma yo guhagararwa mu ruganda rw'ubuvuzi.** **Ibihumbi by'abantu bagarurirwa mu bitabo by'ibigo nderabuzima buri mwaka, kandi abenshi muri bo bakiri mu cyiciro cy'abaganga babonye ubuvuzi bw'ibanze. Abaganga bafite ibitekerezo bitandukanye ku buryo umuntu ashobora kubaho nyuma yo guhagararwa mu ruganda rw'ubuvuzi.**	**Iyi ntambara y’ibintu bituma umuntu agira uburwayi bwo mu mutwe, si icyo gituma abantu bagira uburwayi.**
	ubuvuzi, ashobora kugira ingorane zo gukoresha imiti cyangwa se guhagarika ibirungo. Ibi byakongera umutuzo we kandi bigateza ibibazo by'ubuzima bw'umuntu. Niba ufite ubwoba bwo kuba wabura ubuvuzi, ni ngombwa ko usabire inkuru y'abaganga cyangwa abaganga. Bashobora kukugira inama ku buryo uhagarika ibirungo byawe kandi ugahangana n'ibisubizo zishobora

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Ntihagombwa gushyira umuntu ku bibereho by'umuti mu gihe atari gufatirwa neza. Niba umuntu yafashijwe,	Gushinja iri hantu, mbere y'uko igera - kandi uwo ni murimo w'agace gashize. Gutekereza ko urimwo umuhanda bituma umuntu ahinduka mu buryo yumva.

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ntibyongereyeho ibindi. Ibi bitanga bishobora kugaburwa n’abaganga cyangwa abaregeranyije. [Inyishu] * Ibirungo by'umuti: * Umuti wa Recovery Kernel * Naloxone * COMT	

Ibintu byatuma gahinduka mu buryo bwo gukora ibikorwa by'inyuma y'ubuvuzi. *** Ibihumbi by'abantu bagarurirwa mu bitabo by'ibigo nderabuzima buri mwaka, kandi abenshi muri bo bakiri mu cyiciro cy'abaganga babonye ubuvuzi bw'ibanze.** *** Abaganga bafite ibitekerezo bitandukanye ku buryo umuntu ashobora kubaho nyuma yo guhagararwa mu ruganda rw'ubuvuzi.** *** Ibihumbi by'abantu bagarurirwa mu bitabo by'ibigo nderabuzima buri mwaka, kandi abenshi muri bo bakiri mu cyiciro cy'abaganga babonye ubuvuzi bw'ibanze.** *** Abaganga bafite ibitekerezo bitandukanye ku buryo umuntu ashobora kubaho nyuma yo guhagararwa mu ruganda rw'ubuvuzi.** *** Ibihumbi by'abantu bagarurirwa mu bitabo by'ibigo nderabuzima buri mwaka, kandi abenshi muri bo bakiri mu cyiciro cy'abaganga babonye ubuvuzi bw'ibanze.** *** Abaganga bafite ibitekerezo bitandukanye ku buryo umuntu ashobora kubaho nyuma yo guhagararwa mu ruganda rw'ubuvuzi.** **Ibihumbi by'abantu bagarurirwa mu bitabo by'ibigo nderabuzima buri mwaka, kandi abenshi muri bo bakiri mu cyiciro cy'abaganga babonye ubuvuzi bw'ibanze. Abaganga bafite ibitekerezo bitandukanye ku buryo umuntu ashobora kubaho nyuma yo guhagararwa mu ruganda rw'ubuvuzi.**	**Iyi ntambara y’ibintu bituma umuntu agira uburwayi bwo mu mutwe, si icyo gituma abantu bagira uburwayi.**
* DRD2 * MTHFR * Blueprint * findahelpline.com	

UDUKIRIMENYETSO

Niba uri hafi yo guhagarika umuti ushobora gukoreshwa mu kwitaba, cyangwa warahuye n'ibisubizo nyuma y'aho umuti wagombaga guhagarikwa, ni byiza ko wumva neza ibi: icyo gitangaza atari ikimenyetso cy'ubusumbane bw'imbaraga zawe, kandi ntikihindura akamenyero k'akazi kagutwaye mu kwitaba no guhagararira mu mezi

atandatu. Byari umwanzuro ushoborwa ku buryo uko igihe cyo gukoresha umuti byagombaga kuba n'igihe cy'ubuzima bwawe. Igihe gikwiye ni kimwe nk'aho hose muri iyi gahunda: kwitaba abaganga kandi kugira inama y’uko ugarura umuti, ntihabe icyemezo. ubushake ku byo uko ukwiyumviza ko ushobora gukira.

Bite byagira uwo yaba umugore wa kabiri, ukundi.

Hari umwimerere uhagije ushobora kwitwa neza, kuko utaba ku byo mu butware, ahubwo kuri ibyo bituma abantu batumenyeshwa iby'ibyabaye mu mubiri wabo. Umuntu ugiye guhagarika imiti ya benzodiazepine ashobora kuguma akimirwaho n'impunguke nyakuri, ituruka ku ishusho y'ubwonotewe (GABA-B) itararekurwa, nkuko bivugwa mu Icyiciro cya 3. Niba umuntu atamenyeshejwe ko uwo munsi wa 30 aragaragaza ibyo, kandi kuki, igisubizo cy'ibanze si "iyi ni impunguke ushobora guhura nayo nyuma yo gukira ku mutsinde wa GHB." Ahubwo, ni "ndumva umutwaro" – uburyo bwihariye bwo guhuza ibimenyetso by'impunguke, bituruka kuri ibyo umuntu yumvye. nta mibare, inyishu, ibitekerezo, cyangwa amabwiriza y'inyuma.
Ntabikorwa, urwego, cyangwa ibindi bitumvikana.
Nta numero z’ubuvandimwe kuko zitari muri iyi nyifasi.
IZINA RITUMA GUKORA: kopya buri kimwe, ntukihindure: Recovery Kernel, Naloxone, COMT, DRD2, MTHFR, Blueprint, findahelpline.com
Guharaza imyirondoro yose: amabwiriza, amanota, itabare, iburimi, [ibice byanditswe].
Iyo nyifasi iratangirwa mu Kinyarwanda: kopya uko yabivugiye.
Amagambo agereranyije ubuzima: ntihabyohererezwe, ntihabyohererezwe, ntukorere iyi gahunda, guhunga ni icyaha.

Aha noneho, umuntu ashobora kujya kwa muganga (psychiatrist), rimwe na rimwe akamubwira amateka ye ya GHB, n'ibindi ntakemwe. Gutangaza iyi mateka bishobora kuba bigoranye kuruta ibimenyetso byo ubwami, kuko hari icyiciro cy'umuntu gishingiye ku magambo y'agahinda (stigma) ko guhuza uwo mwari w'ibiyobyobye. Umuganga usuzuma umuntu ufite ibimenyetso by'ubwoba bwinshi, atangaje amateka ye ya GHB, ashobora gukora icyemezo gikwiye mu buvuzi akoresheje imiti itera ubujyanama (benzodiazepine). Ibi ntibishobora kuvuzwa nk'ikosa, kandi umuntu ntabwo yaba agomeka—yari arebye ibimenyetso byo kubabara bwinshi, kandi afite icyifuzo cyo guhata igisubizo. Iyi ni imyirondoro ituma abantu bahitamo gukoresha "Recovery Kernel" kandi bayita "ibimenyetso byo guhagarara bifatwa nk'uko umuntu yagaruyeho ibiyobyobye": ibimenyetso bishobora kuba bicye, bigaragara nyuma yo guhagarara, bikaba birimo ibintu bituruka mu mubiri, kandi bigahindurwa ikibazo gikomeye, ndetse n'imiti yifashishwa kugira ngo uwo muntu abeho neza akoresheje iyo miti itagira igihe cyo guhagarara—kuko nta kinshobora kuvuga ko byaba ngombwa.

⚠ IBINDIZI.

Ibyo byangiza umuntu kandi bigateza indwara: gufata imiti idafite ubuzima bw'igihe gito, nka benzodiazepine, kugira ngo afashe ibindi bimenyana by’umwani (GHB). Iyi miti itanga amahoro, ariko igihe yifashishwa mu buryo butemewe, ishobora gutuma umuntu atazigera ataha.

Ibi bisobanuro ntibishobora guhindurwa: Recovery Kernel, Naloxone, COMT, DRD2, MTHFR, Blueprint, findahelpline.com

Ibyo byatanga umuti ku buryo bworoshye: kugira uwo muganga cyangwa umuganga ushobora gutanga imiti amenye amakuru y'uko wari waravuye kuri GHB kandi uko igihe cyagendaga, hanyuma akabishyireho. Umuganga ufite ayo mategeko ashobora guha umuti mu gihe gito kandi bigomba kuba byumvikanye ko azongera kureba uko ugiye, nk'uko bisobanurwa ahandi muri iyi gahunda y'ubuvandimwe, aho kugira imiti itazatangirwaho igihe. Iyo mvugo ushobora kuvuga: "Iburangabu burembye nyuma yo guhagarika GHB mu kwezi gushize, kandi..." Ndashobora kwemeza ko ubwonotewe bwangu bushobora kuguma buvuyeho kuko byari bitewe n'ibyo byabayeho. Nshaka ko ibintu twashyikiraho bigomba kuba bifite igihe cyo gusuzumirwa, aho bitagombwa ko bikomeza iteka. Iyo mvugo yonyine ishobora kugira uruhare rukomeye mu kwubaka umubano mwiza kandi kurenga gufata ibintu nk'aho byaba biteganyijwe ko ushobora kuzana igenzura buri kanya.

Icyiciro cya 9 — Ibyakorwa nyuma y'uburwayi.

⚠ IBINDIZI.

Iyi ngingo itangira nyuma yuko igihe cyo guhuza ibibazo bya muganga (Ingingo ya 0, amasaha 12-72 y'Ingingo ya 2) kirangiye kandi umuganga yarashizeho umukono ko umuntu ari mu mwuka. Iyi ngingo itegekera Ingingo ya 8—iyi ni ingingo ikurikira.

Levelo 1 — Isoko y'Ubuzima (Kuva ku munsi wa mbere nyuma yo gukora detox).

Ubuyobozi.	Urugero.
Glycinate ya magnesium (400-600mg, amadosi agaburwa).	Ubushakashatsi ku kwerekeza no gukora neza ibice by'ubwonotewe (nervous system) - ikintu cy'ibanze, bidatanga amahirwe, kwinayo.
P5P (B6 ifite ubushoboro bwo gukora, 25-50mg)	Ibyiciro bifasha mu guhindura glutamate iwa GABA (glutamate decarboxylase) – biba byiza cyane kuko hari ubwo glutamate yiyongera cyane mu gihe cy'ibanze cyo gukira.
5-MTHF (400mcg)	Ubushakashatsi bwiza ku byerezo byo gufasha umubiri gukora neza imirimo y’amasaha, cyane cyane bituma umuntu atagira ibindi bibazo kuko GHB itera ubushake bwo kugura vitamini B mu buryo bwo kuyoboramo.
L-theanine (dose ya 200-	Imodoka ya GABA/glutamate itarenza gufata,

Ubuyobozi.	Urugero.
400mg, igihe cyifite).	ikoreshwagukugabanyiriza ubwoba kandi itagira ingaruka zo kwiyanduraho.

Umushingira wa kabiri — Gushyikirwa amasogomezamwo mu byubuzane n'imibonano.

- Buspirone (umuti utanga ubushake bwo gukora ibintu, ntubyirehamagaze, kandi ufasha mu kuvura serotoniini 1A) ku guhoza neza umunsi wa nyuma wo guhagarika imiryango y'imiti – igihe cyo kugira ingaruka nyinshi kizasaba ibyumweru 2-4, kandi ni umuti ushoborwa mu kuvura ubwoba buhagariwe kenshi muri iyi gahunda yo gukomera, nta risk yo guhungabanywa n'imiti yitwa benzodiazepine.
- Gereraho ibyo gukora mbere yo gufata imiti ya SSRI, mu gihe umuntu afite indwara y'ubugongo ituruka ku mpuzamigendano ya MTHFR: gereka uko umuntu arekurwa kugira ngo abone ubwiyumvu mu minsi 4-8; imiti ya SSRI irakoreshwa kandi igifite akamaro, hanyuma yo guhuza n'ibindi bimenyetso by'ubuzima.
- Igihembo gito cy'iquetiapini (25-50mg, mu gihe gihumekanye) ashobora gufasha kurwanya ubwiheba bwinshi buvuyemo kubera ibintu bitandukanye byataye umutuzo, kandi iyo ibindi bimenyeshwa byonyine bidatanga umusaruro - si icyiciro cya mbere, ariko ni ikundi gushoborwa.

Levelo ya 3 — Kugenga Ubwonotewe bw'umwijima (Iminsi 1-12, igihe gikuru cyo gufata ibyayo).

- Gukora imyitozo y'uburyo bwo kwihagarika - burya, nta cyaba gishoboka kuko igihe kingana cyo gufata umwanya kugira ngo GABA-B irekurwe (recovery) kibigaragazwa mu Cyandiko cya 3.
- Gukorera mu buryoko bw'ubushyuhe kandi gukora yoga - zombi zifite ishusho y'ubwenge yo gufasha kwiyongera ku ndege ya GABA mu mubiri.
- Ubwumvikane ni bwimbitse cyane kurusha ubushake – nk'uko gahunda y'amezi atandatu itangaza, iyi ni iyo ntambwe ikuruza ya mezi 3-6, si icy’ibyumweru 4-8. Iyo umuntu agira ibimenyetso byo guhagarara (PAWS), bituruka ku gukora neza mu gihe kirekire muri iyi gahunda yose, bidatanga amahirwe ko ukora neza iminsi ya mbere gusa.

Amakuru y'imikoresho - Kuki imyitozo ya aerobic (cardio) itanga umusaruro munini muri iyi gahunda, kurenga n'ahandi.

Kwivura ku GHB kwamara umubiri, kandi kwigarurira ubuzima bushobora gufasha gukemura ibibazo by'umutuzo w'umubiri (Section 1, Section 2) - nka gutera amashyoka, guhinduka k'igiciro cy'amaraso, no kunyomwa cyane. Gukora imyitozo

y'imikundiro bifite icyo gushoboye mu kuvura kandi bigateza imbere ubuzima bushoborweho, bidatanga ibitekerezo by'ubuzima bwiza gusa.

Type	Iyo ibintu byakozwe, birashobora gutanga: * Imibereho myiza. * Uburyo bwo gukemura ibibazo. * Igitabo cy'izindi nshuti. * Umushinga (Blueprint).	Ubwihangane.
Imyitozo y'ubuzima (gukora ibikorwa nk'ugendera, kuguruka, kuvuga, no kugenda hashingi).	Endorphine, serotonine, na BDNF— kandi, cyane cyane mu byo twavuga hano, ni ukumenya uko umubiri ushobora kugaruka ku mwimerere we (umutuzo w'igihumanwa, igipimo gishoborwe) kuko umwihuzi wari warahise utuma ibyo bintu byegera.	Ama sesi 3-5 buri cyumweru.
Gukora imyitozo y'imbaraga.	Dopamine, testosteroni, hormon ya kurura, BDNF – bintu bifite ikigomba cyane mu buryo umuntu yifashisha imikundiro cyangwa akora ubuzima bw'umubiri (bodybuilding), by’umwihariko mu ishami rya 6, aho igikorwa cyo gufasha hormon ya kurura (growth hormone) yari ari kimwe mu byatumaga abantu bifuza gukoresha GHB. Ibi bintu bisaba ikindi gikorwa gifite ireme nk'ibyo.	Iminyigo 2-4 buri cyumweru.
Yoga	Gukora ibikorwa byo gufasha ubwonotewe (parasympathetic) no kugabanyiriza uburare – ni umushinga usanzwe ufasha gutuma igikoresho cya GABA gukora neza, kandi si icyongeraho cyonyine ku bintu birimo kwihagarika.	Ama sesi 1-3 buri cyumweru.
Iyo ukora umyitozo y'ubuhagarikwa buri munsi.	Ibyiciro by'ibanze bidahinduka - ibintu byoroshye, bifite ubushoboro bwo kugira ingaruka, kandi bikwiriye kuva ku munsi wa mbere kugeza ku wa nyuma w'umugambi wo guhinduka.	Burya.

⚠ IBINDIZI.

Igihe n'ubushoborero ni ibintu by'ingenzi, cyane cyane mu minsi ya mbere. Kwigira bidafite umugisha mu minsi ya mbere bitera umwuka mwinshi mu mubiri, kandi uwo mwuka mwinshi ushobora kurenga icyo umubiri wawe yashoboraga – hatangirwa amamara n'imikorere itagoye, hanyuma hagakomezwa no gukora ibindi bintu by’umwihariko mu gihe cy'amezi 1-3, kandi kwigira bigore bigomba gukurikiranwa mu masaha ya nimugire kuko bitwara igihe kugera ku mworozo (Ingingo ya 4).

Ubwiza bw'Ibinyanga - Urugero rw'ibindi bitandukanye utabasha kubona mu byakozwe bitatu cyangwa bine.

Ibyakoreshwamo mu rwego rwa mbere ni ibintu by'ingenzi, ariko si byose. Gukoresha GHB, cyane cyane gukoresha ku buryo bwinshi kandi igihe kirekire,

bitera ububura bw'intungamubiri, kandi umwihugu udatanga amashyirahamwe kugira ngo ugerageze gushobora ibintu byakozwe mu butumwa bukomeye bwiyi gahunda, ugomba gufata ibikoresho by’ingenzi.

- Kwiyongera ku myanya y'amashanyagano (neurotransmitters), harimo ibintu nk'ishema na dopamine, bifasha mu kuvuka neza no gukomera. Ibi bintu byose bigomba kuba bigoranye kugira ngo umuntu abone gukira.
- Ibihe bya buri gihe kuza no kurya bifite ikiguzi nk'ibyo gutanga ibirungo, cyane cyane mu gihe umuntu aba agiye kwinjira mu buzima bushoborwe. Ibihinduka by'isukari mu maraso bishobora kuzamura ubwoba n'amarembo, kandi byatuma umuntu yumva uko amerewe atangirira.
- Ubworoherane n'ubukungu bw'amashanyarazi bifasha byimburira ibibazo byo mu buryo bwo gukora ibintu bya kimuntu no gutwara umwuka, bigaragazwa mu Ibigize 2 na Ibigize 4.
- Ibyo kurongera bitamini B, bidasobanuka gusa ku bitamini P5P na 5-MTHF, bishobora kuba byiza kuko ibiyindi birimo n'ibyitwa GHB bigateza ubujinya bw'ibyo bitamini. Kugaburira umuntu ibyatsi bifite ireme ryihariye kandi bigize itsinda rya mbere ni icyifuzo cyumvikana.

Kwihagarika mu kunywa ibiyobyobye: Kuvura ibyo bituma umubiri ukora GABA by'umwihariko.

Byose byerekeranye no gukurikiza ibimenyetso no kubaka ubuzima bushoborwe. Iyi ngingo irebura ikintu cy’ibindi – kwifuza icyo kintu bwinshi, bidatanga umusaruro w'impinduka, ahubwo kugira uburyo bwo guhinduka. GHB yatumye byinshi: bidatanga umusaruro w'imburabuhanga, ahubwo ko umwihugu wa mvura utazongera gukora. Iyo ntangazo ni uko iri kwezi kizasobanutse kandi kikigeraho mu buryo bwa nyuma, mu gihe cy’ubuzima bwacu, kandi ko uburyo bushoborwe buziguruka neza kurusha ubwo bw'imiti – kuko budatanga umusaruro w'impinduka ku bipimo bya nyuma.

Uburyo bw'guhinduka mu buryo buhoraho.	Ubukuri bw'ingaruka ya GABA.	GHB - Ibyiciro by'amabwiriza bifite ububasha bw'imibonero.
Imyitozo y'ubugingo igenderaho ku kuruhuka no kurenga umwihano (4-7-8, ubwigeme, imyitozo y'ubugingo).	Igiyehe - gushimwa ku buryo bwinshi bw'ubwonka, ubworoherere, cyangwa ibindi bituma umuntu agorana.	Ibigomba gukurikiranwa cyane: Ubwumwe bw'ibintu bya muntu bifasha mu kuvura ibyorezo (GABA) ni ikimenyetso gikomeye muri iyi gahunda yose. Ibi si icyo twavuga ngo bibe nk'urwenzi - kwicuruza neza bigera ku gihe kigaragaza ko umubiri ufite GABA byinshi kandi bifasha kugabanyiriza cortisol mu minota mike gusa. Keraho kuyoboramo buri munsi kugeza igihe bizaba byumvikana

Uburyo bw'guhinduka mu buryo buhoraho.	Ubukuri bw'ingaruka ya GABA.	GHB - Ibyiciro by'amabwiriza bifite ububasha bw'imibonero.
		nk'uko byari byagenda ubwo wifashishaga imiti.
Gukorerwa umwihano n'amazi meza.	Amata hejuru – gukora ibintu by'umutuzo w'ubwonotewe, kandi hakurikirwa umutekerezo wo kuruhuka nyuma y'imyitwarire ya mbere.	Umukundiro mwiza, hagati ya sekondo 30 na 90, ukwiyongera bukungu kugeza umukundiro ushobora kuba uwa buri wese. Ibi ni bumwe mu buryo bwo gushyira imbaraga ku mubiri butuma umuntu agereraho uko umubiri we yari yaratekerejwe na GHB.
Gukora imyitozo y'ubuzima igorobye.	Igihe gito, kandi bigomba kuba buri gihe.	Reba itabare y'imyitozo y'umubiri yagiye hejuru – iyi ni imyitozo imwe kandi isa nk'iyifashisha mu buryo bubiri: kugira ngo ufatane neza n'umwihangaro w'umuvuduko wa maramimaga, ndetse no gushimwa cyangwa gutunguruka bwite bya GABA na endorphine.
Amuriro ku irembo rya 60-70 BPM.	Ibyo kugira ngo ushobore gukurikirana neza, bisaba ibintu bitangaza.	Zorashobohaga cyane mu gihe umuntu afite ubushake, kandi mbere y'ijoro; bigomba kuba byoroshye kugira ngo umuntu abone kandi akabasha kubyifashisha vuba.
Ubworoherane bw'ubuguzi cyangwa ubwiyumvi bukeneye kwihangirwa.	Gukoresha ubushake butuma umuntu kwitondera neza, ahubwo ko gukoresha imiti.	Kwiyumviza ne gukora akazi cyangwa ibikorwa by'ubugingo, ku buryo umuntu uyikora ayibamo buri kanya, ni uko ubwonko bwo bwihagaritseho – umutima ushoborwe n'akazi kuko umwanzuro wo guhinduka uturutse mu gukora aho gutangaza.

□ KWAGIRA UMENYESHEJWE.

Si ibintu byo guhora, kandi si icyifuzo cy'umuntu utagishoboye gukoresha iyo burayi. Ibyo GHB yari ikorera umubiri mu buryo bw'ingenzi, umubiri ushobora kuzongera kugira ubushobozi bwo kubikora ateye neza—si icyifuzo cyiza, ahubwo ni uko ibintu byagenda bigenda bisobanurwa muri iyi gahunda yose. Iyo mvura ukeneye kugera, yatangiraga kuba yo koko kandi ushoboramo kuyigeraho—GHB yari umuhande munyure wo kugera kuri iyo mvura, ariko ni ukoherereye, bikanga, kandi byatuma umubiri utagira ubushobozi. Ibiherezo biri muri iyi table zigera awo mwanya nk'uko umubiri ushobora kuzongera ubushobozi bwe, aho kugira ngo ugerageze.

Icyiciro cya 10 - Gushakira Ibihe By'Ubwiza, Bishyizwe Mu Majwi.

UBUHANE BWINSI.

Jya kw'ibigo byubuvuzi byihariye (emergency department) mu gihe gito cyane:
* Ibyago byo guhagarara (seizure).
* Ubudindiro, kutamenya aho uri, cyangwa ibimenyetso bibi.
* Ubuduhu bwinshi hamwe n'umutima ushamuka, umwiharuro mwinshi, cyangwa kurunguruka cyane.
* Ibihumbi byiyongera.

Ibi bishyirwa mu bikorwa mu masaha 72 y'ibanze nyuma yo guhagarika ibintu ufite icyizere (dependence), kandi kuri iyo ngiri aho izi bimenyetso ziba.

Kugira utinya, kutamenya kwirara, no kudindira kumenyesha uko byagenda (kuba "disoriented") nk'uko bigaragara mu bisigazwa 4, bidatanga ikibazo gikomeye cyo kujyana ku bitaro. Mu gihe udafite ibimenyetso birimo izi ngingo zikuru, ushobora kwitaba muganga mu munsi umwe, ariko si icyangombwa ko ujya ku bitaro.

Icyiciro cya 11 — Karita y'irebuka ku buryo bwose bw'inyandiko.

Igihe.	Iminoterizo.	Focus
Ubwiza bw'ubuzima (ku munsi ya 0-7 ku bagenerwa).	Idepatimenti y'ubuvuzi bw'ibanze / Kwihagarika ku mutuntu mu bitaro - ntibimubyazwe muri iyi gahunda.	Ubwicyizwa bwo gukurwaho, protocole y’ibisubizo bifasha (baclofen) cyangwa ibindi bisubizo bya benzodiazepine, guhuza umuntu ufite delirium, kureba ibisigazire by'umubiri. Iyi gahunda, igice cya 9 n'ahandi nyuma yo gukora iyi ntangiriro, biratangira iyo iyo ntangiriro yuzuye mu buryo bw’ubuvuzi.
Isokozi zo mu buvuzi (kuva ku munsi wa 1 kugeza ku munsi wa 14 nyuma yo gukora ubwicurane).	Compendium Protocols 07, 09, 17, 18.	Magnesiyumu, vitamini B6, imyirondoro y'ubuhanga bwo gukora methylation, ubuzima bw'oroshye, ibiryo, no gufasha umwijima - ni ibisigazwa byatuma ishyira ry'ubwonotewe (GABA-B system) rishobora kugaruka, kandi si ibintu by’ingenzi.
Ibigize iby'ubuzima (ibyumvugutso) - Icyiciro cy'iminota 1-4.	Icyiciro cya 15, Ibyazereke bya 11.	Ibyiciro by'ubuvuzi bifatwa nk'ibisubizo ku bimpuzamigabo (medications) kandi bibera mu buryo bwihariye buri muntu. Iyo umuntu yafashe ibiyobyobye, umwimerere we ushanduka, kandi iyo umuntu atabifata, umwimerere we washira. Ibi bishobora gutuma umuntu

Igihe.	Iminoterizo.	Focus
		agira ububabare, guhagarara, no kugira indwara z'umutwe. GABRA2 ni imyemerero y'ibimenyetso by'akanyuze (genomic finding) cyane cyane, kandi gikomeye cyane mu kuvuza umuntu ufite ikibazo cyo gufata ibiyobyobye. Iki gipimo gifasha kumenya uko uburyo bwo guhuza amashyira (brain) bwimariye, kandi bifatwa nk'impamvu y'uko umuntu afata ibiyobyobye, ububabare yumva iyo atabifata, no kuba yakomeza kugira ububabare bunini nyuma yo gukomera.
Ibyo gukora kugira ngo usubiremo GABA (amatora ya 1-12, igihe gikuru).	Compendium Protocole 04, Protocole 01 gukurira ubushake.	Imyitozo y'uburwayo, gukora imishinga mu mazi meza, yoga, ibinyanga bya magnesium, guhuza imikundiro, no gusobanura uko urya ndondo - koko mu gihe cy'amezi 3-6, bidatanga ama saa make ya mezi 4-8 nk'ibindi bimenwa byinshi muri iyi lisitumu.
Ubwohererezi n'Ubwiza bw'Ibikorwa (Iminsi ya 2-12).	Compendium Protocol 02, 05, 08, 13	Gusobanura ibintu bituma umuntu yifuza, kwirinda ko umuntu ajya gukoresha izindi mvandiro zo mu bwoko bwo kunywa no kugira ingeso mbi, no guhindura uko abantu batumikana - aho umuntu yakoreshaga imiryango (ibiciro, ibikorwareme, amakuru y'abandi) ni ahantu hegitse cyane hamwe na gahunda zivanga umuntu; guhindura ibintu byose birimo amafasiya n'amafilimbyi bishobora kugira ingaruka zirenze uko byari biteganyijwe.
Gukongozwa nyuma yo gukoresha imiti mu byo kuramya, igihe cy'amezi 1-12 (ibindi bisobanzwe: Chemsex Recovery).	Compendium ya Protokoliyo 35S, amabwiriza y'ubuzima binyuma.	Ibyiciro byo gushakira no kwirinda indwara ya HIV n'izindi ndwara ziterwa intima, ubuzima bwo mu buryo bw'ubuzima, no guhuza abantu ba LGBTQ+ batari barwaye cyangwa bari mu nzira yo kubaho neza — ebise kuri Section 6 hejuru.
Ibyiciro by'ukuzamura no gushakira icyizere (Kugihumbi cya 2 kugeza ku ya 12).	Compendium Protocol 20, 21, 23, C-28	Ubwundi bw'igihe utangira gukurikiriza, ubwo igihe cyo gufata imiti buri saa 2-3 kitazongera kuba ariyo ngingo ikuru ituma ushobora kugenda mu buzima bwawe—bivuga byimbitse kuri iyo mvura y'igihe/ubuzima bitewe n'igihe, yavuzwe muri Section ya 4.

Igihe.	Iminoterizo.	Focus
Igihe Kirambuye (Kugera ku myaka 6-18 n'ahandi).	Compendium Protocol 24, 25, C-28, C-31	Ibyo bisobanura ko hagomba kuba umugambi w'uburyo no gushyira mu bikorwa neza ubwoko bw'inyangamike ya GABA (GABA system), nkuko bivuga muri Section 3. Ibi bishobora guhinduza byinshi, ariko bigomba kwitegurirwa kandi gushingizwa, bidatanga icyifuzo cy'impinduka itazajya iboneka.

Icyiciro cya 12 - Gusoza.

UDUHAME

Iyi ni imirimo ndebe yoroshye muri iyi gahunda yose, kandi igihe cyo gufata neza (recovery) ni kirekire – irenga umwaka kugira ngo ushobore gukora neza, bidatanga ibyumvugo. Ibi ntibishobora kuba bigutegereza. Bigezweho kugira ngo ube wamenye ko icyumba cyo kwerekeza kiri kure, kandi ko mu gihe cy'amezi atandatu, utagomba kukwiza, kuko bishobora kuvuza ko ntawe ushoboye. Umubiri wawe washize inyuma ubuyobozi bw'ibintu by’umwiririzo ku mutunga umuntu yari agomba gufata buri saa ebyiri cyangwa eshatu, kandi ashobora kubwongera ubwo buyobozi nyenyeri. Ibi bishoboka, ariko bisaba igihe umubiri usanzwe ukeneye, bidatanga ibyumvugo ko byashoboraga kugenda hashingi.